

Important Food Safety Steps

Food tastings, cooking demonstrations, and hands-on food activities are fun ways for kids to learn about healthy eating. It is important that you follow these instructions to keep everyone safe and healthy.

Hand Washing

Everyone must wash hands before and after preparing, handling, or sampling foods. If soap and clean, running water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. Hand sanitizers are not as effective when hands are visibly dirty or greasy.

When washing hands with soap and water:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air-dry them.



When using hand sanitizer:

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.



Cleaning Fruits and Vegetables

When preparing any fresh produce, begin with clean hands. See hand-washing instructions on the left.

Rinse all produce thoroughly under running water before eating, cutting, or cooking. Washing fruits and vegetables with soap, detergent, or commercial produce washes is **not** recommended.

Even if you plan to peel the produce before eating, it is still important to rinse it first so dirt and bacteria are not transferred from the peel via the knife to the fruit or vegetable. This includes melons, oranges, pineapples, and other fruit with a peel or rind.

Scrub firm produce, such as melons and cucumbers, with a clean produce brush.

Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.

Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be thrown away.

Many precut, bagged, or packaged produce items like lettuce are prewashed and ready to eat. If so, it will be stated on the package, and you can use the product without further rinsing.