



# Nutrition Education



## Rinse your produce

Thoroughly rinse fresh vegetables or fruits under running water prior to eating, cooking, peeling or cutting and dry with a clean paper towel.

## No need to wash your raw meat, fish or eggs

Washing raw meat, fish or eggs can spread germs to your countertops, sink and other surfaces. This can cause cross contamination and may lead to a food borne illness.

## Washing and Food Safety

When you are in the kitchen it is important to keep food safe. By following safe food handling practices it can help prevent illness causing bacteria that can spread in the kitchen and on to your food.

Illness causing bacteria can survive in many places, from your hands to the counter. Here are some ways you can practice food safety in your kitchen:

### Handwashing

Wash your hands with warm running water. Apply soap and build up a good lather. Scrub your hands, fingers,



arms, and between fingers for a **minimum of 10-15 seconds**. Rinse thoroughly under warm running water. Dry hands and arms and use a paper towel to turn off the faucet. If leaving the restroom, use the paper towel to open the door.

### Wash surfaces

Wash utensils, cutting boards, and countertops with hot soapy water or in a dishwasher. Use separate cutting boards for raw meats, seafood and produce.

Information obtained from:  
CDC.gov and  
The Academy of Nutrition and Dietetics  
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