Are you cleaning your veggies, fruits right?

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Here’s what FSSAI has to say

Wash your hands before and after coming in contact with fruits, vegetables and other packed items.

Scrubbing them right

Wash or scrub all fruits, vegetables and packed food under running water prior using it for any purpose. Label them ‘pre-washed’ to avoid confusion

Cold mess
Refrigerate the chopped, peeled or cooked item as soon as possible or within 2 hours. Use a refrigerator thermometer to ensure the temperature stays at 40°F or below.

Wash thoroughly

Wash cutting board, countertops and utensils with hot soapy water, before and after use.

A separation

Store fruits and vegetables away from and not next to below raw meat, poultry and seafood. These items can drip juices that may have germs. Use a separate cutting board for fruits and veggies and meats, poultry and seafood.