

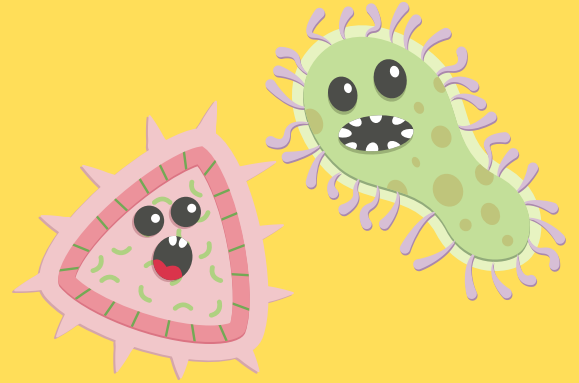


# Get Smart About Food Safety



Many of us know that fruits & vegetables are an important part of any balanced diet. But knowing how to properly handle and store your produce is *just* as important for making sure your food is nutritious and safe!

Salmonella, E. coli, and Listeria are common pathogens that can be found on raw produce. Luckily, illnesses caused by these bad bugs can be easily avoided by taking food safety precautions!



## What is a Foodborne Illness?

A foodborne illness, or *food poisoning*, is an illness caused by consuming food that has been contaminated by harmful pathogens, such as bacteria, viruses, toxins, or parasites

**Who is most at risk for developing serious foodborne illness?**

- Adults over 65
- Children under 5
- Individuals with weakened immune systems
- Pregnant women

## Preventing Foodborne Illness from Produce

- Wash your hands before and after handling raw fruits and vegetables
- Always prepare produce on a separate, clean cutting surface, away from other ingredients (*especially raw meat and dairy!*)
- Wash all produce under running water, *even if you do not intend on eating the peel/outer layer* - harmful germs on the outside of the produce can get inside once it has been cut!
- Store your produce at 40°F or colder within 2 hours after it's been cut, peeled, or cooked

