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.