

THE ECONOMIC TIMES

Are you cleaning your veggies, fruits right?

ET Online |

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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.



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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

3/5

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.

4/5

Wash thoroughly

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

5/5

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.