

# WASHING TECHNIQUES

USING PROPER WASHING TECHNIQUES REDUCES FOOD SAFETY RISKS



## PRIOR TO WASHING

- Properly wash hands prior to handling any produce.
- All materials and surfaces that will be used to prepare produce, or that produce will come in contact with, must have been washed, rinsed, sanitized and allowed to air dry. This includes cutting boards, knives, sinks and counters.



## LOCAL PRODUCE WASHING

Locally sourced products purchased from a farm or a distributor can be contaminated when you receive them, or through improper handling. Following recommended washing procedures will reduce the risk of serving contaminated produce to your customers. All raw vegetables and fruits are to be washed before combining with other ingredients, including:

- Unpeeled fresh vegetables and fruits that are served whole or cut into pieces.
- Vegetables and fruits that are peeled and cut for use in cooking or served ready-to-eat.

Depending on whether your produce was washed before it arrived in your facility, the product may have soil on its surface. If there is a lot of soil, you may want to do a pre-wash or spray off the soil in a separate area from your normal produce washing station.

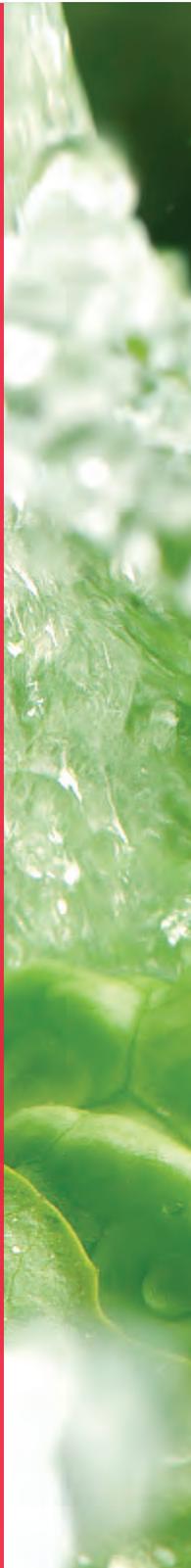


## RECOMMENDED WASHING PROCEDURES

- Always wash under cold, running water or use chemicals that comply with the FDA Food Code and are labeled for the use of "fruit and vegetable washing." If using chemicals, follow the manufacturer's instructions. Do not wash produce by dunking or soaking in standing water, as this can spread bacteria.
- If the fruits or vegetables have a firm skin like apples or potatoes, they can be scrubbed with a clean and sanitized brush designated for this purpose.
- If the skin will be peeled, rinse the produce before peeling and again after peeling.
- Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

### Exceptions and Special Considerations:

- Tomatoes should be washed with water that is at least 10 degrees Fahrenheit warmer than the internal temperature of the tomato, otherwise the tomato will absorb the water.
- Dry onions like yellow, white or red bulb onions (not fresh green onions or chives) do not need to be washed prior to use. Instead, discard the outer peel prior to placing on a cutting board.



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