Get fruits &
vegetables home
and in the fridge in
2 hours or less

Fruit and Vegetable Safety at the Store or Market

Check for Bruises
• Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.

Keep Precut Fruits and Vegetables Cold
• Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.

Separate
• Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home

Wash
• Wash your hands before and after preparing fruits and vegetables.
• Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
• Fruits and vegetables labeled “prewashed” do not need to be washed again at home.

Keep Cold
• Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours. Refrigerate within 1 hour if the temperature outside is above 90°F.
• Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.

Separate
• Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
• Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
• Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention