

Supermarket Survival: Produce Part 2

Food nourishes the mind, body and soul. With the tips below, we hope you will continue to shop for produce you and your family enjoy!

Arriving Home:

- ✓ Wash your hands with warm water and soap for at least 20 seconds when you return home and again after you put away your groceries.
- ✓ You can wipe down product packaging and allow it to air dry, as an extra precaution. There is no evidence of food packaging being associated with the transmission of COVID-19.
- ✓ Do NOT wash produce with soap, detergents or bleach. Soap and detergents leave residues on produce and can cause stomach distress. Bleach should never be ingested.
- ✓ DO use just cold water. Rinse for a least 30 seconds before eating, cutting or cooking even if the peel will not be eaten.
- ✓ Soak produce like cauliflower, broccoli or lettuce for 1 to 2 minutes in cold clean water as they have lots of nooks and crannies.
- ✓ No need to wash pre-washed produce as packing facilities are very stringent. This could actually increase contamination due increased exposure to kitchen surfaces. The package will state if it is pre-washed.

