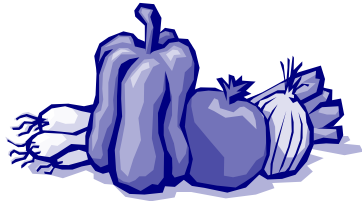


**Fruits and vegetables
are part of a healthy diet!**



**Remember to eat 5 to 9
servings of a variety of
colorful fruits and vegetables
every day to maintain good
health and energy level**

Purple/blue - such as blueberries, dried plums, blackberries, and raisins.

Red - such as red apples, cherries, red pears, and raspberries.

Orange/yellow - such as apricots, lemon, oranges, peaches, and pineapples.

Dark green/light green - such as avocados, green apples, honeydew, and kiwifruit.

Ultra white/white - such as bananas, white mushrooms, cauliflower, garlic, and onions.

Clean them before you eat them.

ENJOY!

County of Bergen
New Jersey



Bergen County Executive
DENNIS MCNERNEY

AND THE

BOARD OF CHOSEN FREEHOLDERS

Be Safe!

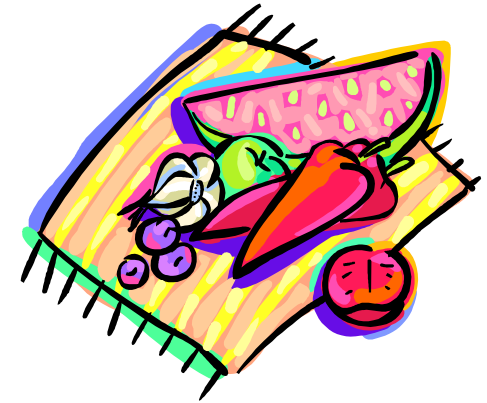
For more information visit:

www.fsis.usda.gov
www.foodsafety.gov
www.fda.gov

Bergen County
Department of Health Services
327 E. Ridgewood Avenue
Paramus, NJ 07652
201-634-2600
FAX: 201-986-1968
www.bergenhealth.org
healthdept@co.bergen.nj.us

DENNIS MCNERNEY
County Executive

**How Safe
Are Your
Fruits
and
Vegetables?**



**Following a few simple steps will
keep you safe and healthy!**

*Fruits and vegetables are
now responsible for more
food-borne illness than
meat, poultry or eggs.*

Bergen County
Department of Health Services
201-634-2600

How Safe Are Your Fruits and Vegetables?

Food poisoning

is also known as food borne illness and is usually caused by harmful bacteria. Contamination can occur during growing, harvesting, processing, storing, shipping, or final preparation. Following these simple guidelines about proper food handling and storing will help you decrease the risk of food poisoning.

While shopping:

- When purchasing fresh fruits and vegetables examine for signs of molds, bruises, and broken skin as well as visible off-color and texture.
- Do not buy fresh-cut items that are not refrigerated.
- Keep fresh fruits and vegetables separate from raw meat and household chemicals in your shopping cart and in bags at checkout.

At home:

- Wash your hands with soap and warm water for at least 20 seconds before handling produce (fruits and vegetables), especially after handling raw meats.
- Thoroughly wash raw fruits and vegetables by immersing them in water three times or more and rinsing well before eating them.
- Wash plates, utensils, and cutting boards that held the raw meat or poultry with a detergent and hot water before using again.
- Root vegetables should be scrubbed with a small scrub brush to remove surface dirt that may be present even if they are going to be peeled
- Avoid consuming and buying fruits and vegetables that are molded, bruised, or have broken skin.



- Refrigerate or chill produce immediately after harvest or purchase
- Refrigerate all cut, peeled, and cooked fresh fruits and vegetables within two hours after a meal.
- Keep fresh fruits and vegetables in the drawer or upper portion of your refrigerator, so they will not be touched by any drippings from raw meat products.
- Cut away any bruised or damaged areas with a clean knife before eating or cooking
- Dispose of any spoiled or questionable food.

