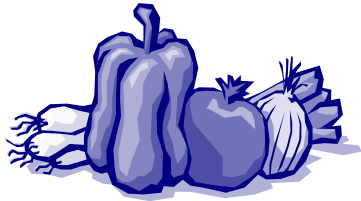


**Fruits and Vegetables
Are Part of a Healthy Diet!**



**Eat 5 to 9 servings of a
variety of colorful fruits
and vegetables every day to
maintain good health**

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

Red - such as red apples, cherries and raspberries.

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

Dark green/green - such as green beans, broccoli, Romaine lettuce, spinach and kiwifruit.

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

Clean them before you eat them.

ENJOY!

COUNTY OF BERGEN
New Jersey



KATHLEEN A. DONOVAN
County Executive

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

How safe are your fruits and vegetables?



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

**Fruits and Vegetables
Are Part of a Healthy Diet!**

Eat 5 to 9 the Color Way

**Bergen County
Department of Health Services
201-634-2600**

How safe are your fruits and vegetables?

Food poisoning,

also known as food borne illness, is usually caused by eating food that is contaminated with harmful bacteria. Food can become contaminated during growing, harvesting, processing, storing, shipping or final preparation. Following a few simple guidelines about the proper handling and storage of food will help you decrease the risk of getting food poisoning.



While shopping:

- When purchasing fresh fruits and vegetables, examine the produce 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 the checkout.

At home:

- Wash your hands with soap and warm water for at least 20 seconds before handling produce.
- Wash your hands between handling raw meat and produce.
- 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 raw meat or poultry with a detergent and hot water before using them again with fruits and vegetables.
- 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 fruits and vegetables that have become molded or bruised after purchase or that have a 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 crisper drawer or upper portion of your refrigerator, so they will not get contaminated by drippings from raw meat products.
- Cut away any bruised or damaged areas with a clean knife.
- Dispose of any spoiled or questionable food.

