

# Home Food Safety **MYTHBUSTERS**

September is National Food Safety Education Month!

**MYTH:** I don't need to wash my produce if I am going to peel it.

**FACT:** You should wash fresh fruits and vegetables under running tap water just before eating, cutting or cooking. Harmful bacteria could be on the outside of the produce. If you peel or cut it without first washing it the bacteria could be transferred to the part you eat. Wash delicate produce such as grapes or lettuce under cool running water. Blot dry with a clean cloth towel or paper towel. Rub firm-skin fruits and vegetables under running tap water or scrub with a clean produce brush. Never use detergent or bleach to wash fresh fruits or vegetables. These products are not intended for consumption.

[fightbac.org](http://fightbac.org)

Week's Highlight Message:

**SEPARATE - Don't cross-contaminate!**

Cross-contamination is how bacteria spreads. Keep raw meat, poultry, and seafood and their juices away from ready-to-eat foods.

**RUTGERS**

New Jersey Agricultural  
Experiment Station

