

Home Food Safety **MYTHBUSTERS** September is National Food Safety Education Month!

MYTH: I eat a vegetarian diet, so I don't have to worry about food poisoning.

FACT: Fruits and vegetables are an important part of a healthy diet, but like other foods they may carry a risk of foodborne illness. Always rinse produce under running tap water, including fruits and vegetables with skins and rinds that are not eaten. Never use detergent or bleach to wash fresh fruits or vegetables as these products are not intended for consumption. Packaged fruits and vegetables labeled "ready-to-eat" or "washed" do not need to be re-washed.

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