



Avoiding Cross Contamination

Handling fruit & vegetables:

As the environments that fruit & vegetables grown in can sometimes carry bacteria, when handling raw fruit or vegetables it's important that you:

- always wash fruit & vegetables before you eat them to remove any surface dirt or bacteria (peeling or cooking can also remove these germs)
- avoid cross-contamination when washing raw vegetables by rubbing them in a bowl of fresh water to reduce splashing
- keep unwashed fruit & vegetables separate from ready to eat food
- wash your hands after handling unwashed fruit & vegetables
- check the label, as unless the packaging says it's ready to eat then you must wash, peel or cook them before eating

DO NOT **Wash meat & poultry**

You should never wash raw meat or poultry before cooking as this can spread bacteria around your sink, work surface & utensils. Washing doesn't get rid of harmful bacteria, but thoroughly cooking will kill any bacteria present.

