



How to Wash Your Hands Properly

1. Wet hands under hot running water.
2. Apply enough soap to form a good lather.
3. Scrub hands, between fingers and under fingernails thoroughly for at least 20 seconds.
4. Rinse hands under hot running water.
5. Dry hands with a single-use paper towel. Use a paper towel to turn off faucet and open door upon exit to prevent contamination. Never use clothing in place of a paper towel.

When should you wash your hands?

- After using restroom.
- After coughing or sneezing.
- After using any chemicals.
- After contact with your clothes or apron.
- After contact with anything that may contaminate your hands.

Additional Produce Handling Safety Tips

- Wash hands before and after handling whole fresh fruits and vegetables.
- Properly clean all surfaces and utensils with hot water and soap; this includes all countertop surfaces, cutting boards, knives, and other items that will touch fresh produce before and after food preparation.
- Always use separate utensils and cutting boards for produce and meat/poultry/seafood to prevent cross-contamination.
- Rinse commodity fruits and vegetables under clean running water; Ready-Set-Serve products do not need to be washed.
- Never use detergent or bleach to wash fruits or vegetables as these chemicals are not intended for consumption.
- Rub firm-skin produce under cold running tap water or scrub with a clean vegetable brush while rinsing.
- Dry with clean cloth or paper towel.



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