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NEWS RELEASE
September 12, 2017

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FOR IMMEDIATE RELEASE

Fruits and Vegetables Safety

Eating a diet with plenty of fruits and vegetables provides important health benefits when you select and prepare them safely. Fruits and vegetables add nutrients to your diet that help protect you from heart disease, stroke and some cancers. Selecting produce including vegetables, fruits and nuts instead of high-calorie foods can also help manage your weight. It is important to make sure all fruits and vegetables are washed properly. Raw fruits and vegetables may contain harmful germs such as Salmonella, E. Coli and Listeria which can make you and your family sick with food poisoning.

Here are some steps to help you enjoy uncooked fruits and vegetables to avoid food poisoning:

- Check fruits and vegetables for bruising and damage.
- Throw away fruits and vegetables that are spoiled or have been recalled.
- Wash your hands, kitchen utensils and food preparation surfaces including chopping boards and center tops before and after preparing fruits and vegetables.
- Keep fruits and vegetables separate from other foods that could contaminate them, such as seafood and raw meat.
- Refrigerate fruits and vegetables that you have cut up and peeled or cooked as soon as possible. Refrigerate within 1 hour if temperature outside is above 90 degrees Fahrenheit.

To learn more about how to safely prepare fruits and vegetables, visit <https://www.cdc.gov/features/foodsafetyquiz/index.html>. Be sure to also visit our Facebook page at <https://www.facebook.com/StepUpSt.JosephCounty>.