

SANITIZING FRUITS & VEGETABLES

Sometimes, raw fruits and vegetables contain harmful germs that can make sick, such as Salmonella, E. coli, and Listeria. The risk with fruits and vegetables is that fresh produce can become contaminated in many ways such as:

- by animals on a farm
- by the soil or water during growth
- by food workers when harvested
- during transportation
- by food workers at a grocery store
- during preparation at a food business
- by food preparation surfaces in a food business

How to wash fruits and vegetables

Washing fruits and vegetables before preparation is a keyway to remove any visible dirt or harmful pathogens that may be residing on the fresh produce. The steps are as follows:

- Clean and sanitise the sink and any other food contact surfaces/utensils to be used.
- Wash your hands using the correct hand washing method (for 20 seconds with water and soap).
- Cut away any damaged or bruised areas on the fruit or vegetables before handling or preparing.
- Rinse the produce thoroughly with plain running water before peeling.
- If needed, use a clean vegetable brush to scrub the rind of firm produce, such as melons, **(Note: watermelon and melon shall be washed and sanitized before peeling)**
- Dry the produce with a paper towel.



Strips used to verify Chlorine ppm

How to disinfect vegetables and fruits?

When you have washed your fruits and vegetables, and preferably before cutting them disinfect them completely by following steps:

- Fill the sink with 20 litres of water.
- Add 1 tablet (Veggisan) and wait till its fully dissolved.
- Then soak the vegetables for 10 mins in the sanitizer.
- Sanitizing solution should have 50ppm of chlorine.
- Verify the Chlorine level of the sanitizer using Chlorine strip.
- After sanitizing fruits & vegetables do not touch it with bare hands.
- Place peeled or cut fruits and vegetables on a separate clean plate or container to prevent them from becoming cross-contaminated.
- Clean and sanitise the sink and any other food contact surfaces/utensils used.

