





-  Wash and dry your hands thoroughly before you prepare food.
-  When using fresh produce, always wash salad leaves, vegetables, and fruit.
-  Don't use produce that looks wilted or past its best, even if it is in season.
-  Be careful when you use sharp knives and graters.
-  If you put prepared fruit and vegetables in the fridge before serving, make sure you cover them to avoid contamination from raw food.
-  If you leave prepared fruit and vegetables on the counter before serving, cover them so bugs can't get in.