

Food Safety for Fruits and Vegetables

Restaurant Safety Infographic



Top 10 FOOD SAFETY TIPS

1 Clean Hands Count

Germs are easily transferred from hands to food during meal preparation, accounting for 89% of outbreaks.¹ Good hand hygiene is your first line of defense in preventing foodborne illness.

2 Sick Workers Have No Place In Foodservice

12% of foodservice employees report having worked when they were sick with vomiting or diarrhea.² Sick employees can easily spread pathogens to other employees and customers. Sick workers should stay home when sick.

3 Cool It!

Onli food promptly and properly. illness-causing bacteria can grow in perishable foods within two hours unless you refrigerate them. Cold temperatures slow the growth of illness causing bacteria.³

4 Take Your Food's Temperature

Proper cooking temperatures are key to killing hazardous pathogens. Bacteria that cause food poisoning multiply quickest in the "Danger Zone" – between 40° and 140°F.⁴ Use a food thermometer to determine a food's true internal temperature.

5. Put A Label On It!

Avoid confusion and ensure freshness by labeling and dating stored ingredients and prepared foods. Any food item not stored in its original packaging must be labeled.⁵

6 Don't Get Your Signals Crossed On Cross-Contamination

Raw meat, poultry, seafood, and eggs can spread illness-causing bacteria to ready-to-eat foods. Cutting boards or utensils used with raw meats must never be re-used for ready-to-eat foods like fruits and vegetables without first thoroughly cleaning and sanitizing them after each use and before beginning a new task.⁶

7 Be A Clean Freak

Cleaning removes dirt and debris. Sanitizing reduces pathogens that may be present to safe levels. Food contact surfaces must be cleaned and sanitized after each use, or every 4 hours if in continual use.⁷

8 Love Your Gloves

Failure to wear gloves by foodservice workers who prepare ready-to-eat foods is a top trending health inspection violation.⁸ Wearing gloves can reduce the spread of foodborne illness.

9 Give Fruits & Vegetables A Bath

Washing fruits and vegetables helps prevent the spread of bacteria to food preparation surfaces. Even fruits and vegetables that will be peeled or skinned must still be washed.⁹

10 Train Staff

A knowledgeable kitchen staff is your greatest ally in protecting guests and preventing foodborne illness. Each new kitchen staff member should be regularly given instruction on proper cleaning and sanitizing protocols.¹⁰