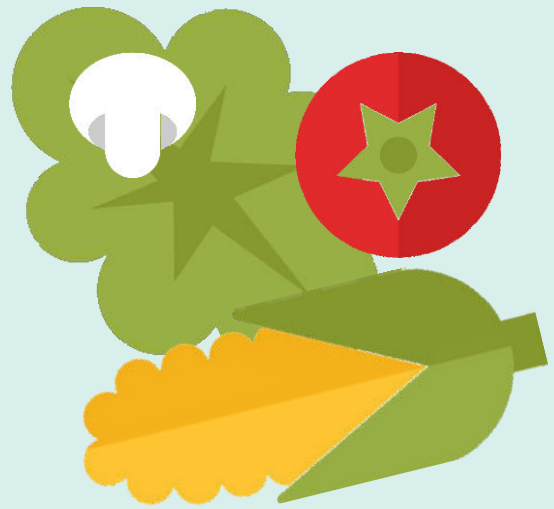


How to Wash Fruits and Vegetables

Washing fruits and vegetables is important to remove dirt, pesticides, and other contaminants that can be harmful to your customers. When washing fruits and vegetables remember to clean, agitate, rinse, and dry - or 'C.A.R.D.'



C

CLEAN: Rinse fruits and vegetables under running water to remove any visible dirt and debris.



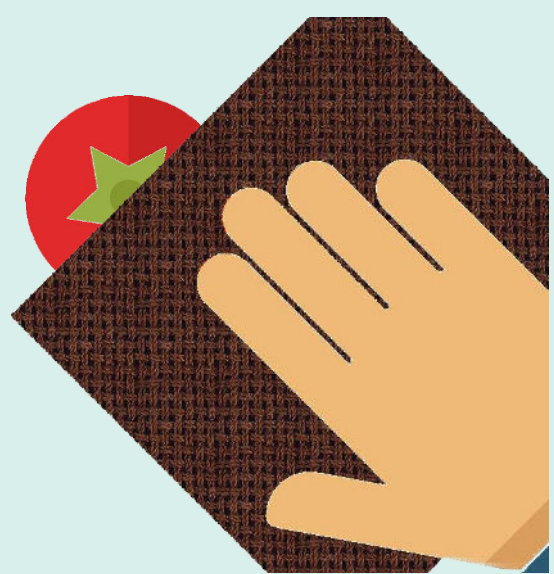
A

AGITATE: Soak fruits and vegetables in a large bowl or sink filled with clean water for a few minutes to help loosen any dirt or contaminants, then use a clean brush or sponge to scrub them off.



R

RINSE: Rinse fruits and vegetables under running water again to remove any dirt or contaminants that were loosened during soaking and scrubbing.



D

DRY: Dry fruits and vegetables with a clean towel or paper towel or let them air dry.