

# TO WASH OR NOT TO WASH

A lot has been in the news lately about the proper way to wash your foods. During COVID-19 or anytime of the year the rules remain the same. Properly washing the right items can reduce your risk for foodborne illnesses by removing dirt and bacteria before consumption, but washing the wrong products can increase your risk by cross-contamination.

\*To note the CDC has seen no evidence that covid-19 can be transmitted through food.



Fruits or vegetables with edible peels (apples/peaches/grapes/cherries/lettuce etc.) or inedible peels (melons/avocado/limes/lemons/banana etc.) should be washed with cool tap water and dried with a paper/cloth towel. Firm produce can be scrubbed with a brush.  
**SKIP THE SOAP! IT IS NOT SAFE TO CONSUME.**

Wash the top of cans and jars before opening to avoid dirt and bacteria being transferred inside before consuming.

Avoid washing raw chicken, meats or fish. Rinsing these raw items with water can spread harmful bacteria all over your kitchen. This bacteria is killed when the food is cooked to the proper internal temperature.

Skip washing eggs after purchasing because it can remove the coating that is applied to eggs during processing that protects them from bacteria.

## IS ORGANIC OKAY?

Whether your produce is organic or conventional they all need to be washed the same. Skip the soap and wash your organic produce with cool water and dry with a cloth/paper towel. The term organic refers to foods and/or beverages whose ingredients are grown and raised without pesticides or antibiotics. That does not mean that they provide any extra vitamins or minerals or are free of dirt and other bacteria. If you don't have the resources to buy all your produce organic, opt for splurging on the dirty dozen (top 12 produce that test for the highest amount of antibiotics/pesticides) and skip the clean fifteen (top 15 items that test the lowest!)

