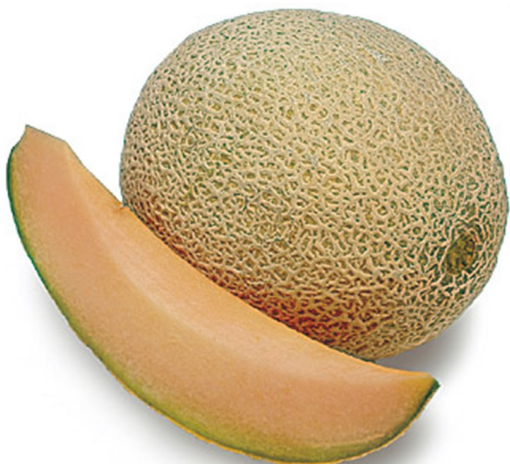


# Scrub or Rub



**Refriegue**



**Frote**

# How do you wash your fruits and vegetables?

- \* Choose produce that looks good. Bruised or bad? Throw it out.
- \* Wash fruits and vegetables under cold running water.  
You don't need anything else. (no detergent, bleach ... don't waste money on produce cleaners)
- \* Rub produce that bruise easily with your clean hands while the cold water runs over them. Don't use a scrub brush.
- \* Scrub fruits and vegetables with a vegetable scrub brush if their skin is harder and they don't bruise easily.
- \* Never soak in water—just give fruits and vegetables a good rinse.
- \* Not sure your hands are clean? Wash them with warm water and soap for at least 20 second before washing your vegetables/fruits.

## Rub

tomatoes

strawberries

pears

summer squash

peppers

mushrooms

## Scrub

potatoes

cantaloupe or melons

apples

winter squash

carrots

turnips radishes beets