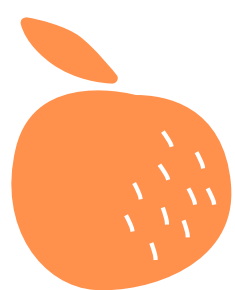
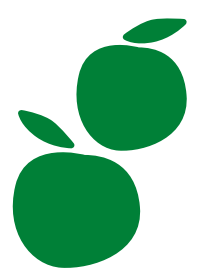


# Should I Wash This Food?

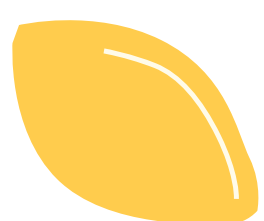
## Always Wash



**Fruits and vegetables with edible peels**

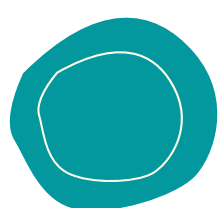


**All produce** (whether it is organic or conventionally grown)



**Fruits and vegetables with inedible peels** (bananas, avocados, grapefruit, lemons, limes, winter squash, etc.)

*Inedible peels can carry dirt and bacteria that can transfer from the peel to the inside of the fruit when peeled/sliced.*



**Can/Jar Lids (including canned beverages, soups).** harmful pesticides can fall into the food

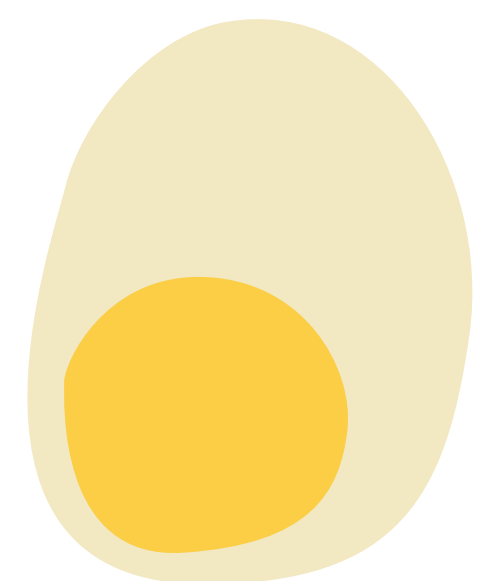
## Never Wash

**Raw chicken, raw meat, fish** (does not clean it, but instead can spread harmful bacteria like *Salmonella* that can make you sick)

*Bacteria are killed by cooking meat to appropriate internal temperature.*

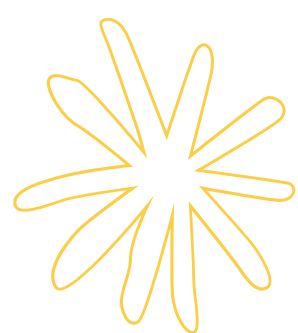


**Eggs** (washing can remove protective coating applied during processing to guard against bacteria)



## Why is it important to wash food?

It is one of the primary ways to avoid food poisoning and stop the spread of harmful bacteria and viruses.



## How to wash:

- with cool tap water
- immediately before eating or using in a recipe
- skip the soap (porous surfaces on produce can absorb)
- dry with clean cloth or paper towel
- know that misting produce at the grocery store does not clean it



**SOURCE:** ACADEMY OF NUTRITION AND DIETETICS ("SHOULD YOU WASH ALL FOOD?", 2020")