

# Keeping Fresh Cut Fruits and Vegetables Safe

Whole fruit and vegetables are safe and nutritious. However, when these foods are cut there is a risk of harmful bacteria contaminating and growing on the produce unless it is handled correctly.

Fresh fruit and vegetables that will be consumed raw, without any heat treatment (eg cooking) to destroy bacteria, need to be handled safely to minimise cross contamination and prevent harmful bacteria from growing. The tips below are relevant for many types of fresh cut fruit and vegetables that different food business may serve, especially child care centres.



## Preparing

- Keep separated from other raw foods (eg meat, chicken, fish, eggs) to avoid cross contamination
- Use a clean and sanitised chopping board and knife when cutting (a colour coded chopping board may also be appropriate)
- Wash fruit, vegetables and salad ingredients thoroughly in clean, drinking-quality water just before preparing and serving
- Peel, trim or remove the skin or outer leaves (as appropriate)
- Remove any bruised or damaged parts



## Serving

- Use cut fruit and vegetables on the day they are prepared
- Handling of cut fruit and vegetables should follow the '4-hour/2-hour' rule for potentially hazardous foods
- Serve immediately after preparing or within two hours (if possible)
- If not serving within two hours, cover and store in the fridge until serving (on the same day of preparation)

