



- Firstly, wash your hands with soap and water.
- Wash all produce with tap water immediately before eating or using in a recipe.
- If available water is contaminated, use bottled water to wash all produce.
- Do not use boiled contaminated water for drinking or washing produce since the fluoride concentration in the water could be a health hazard.
- Fruits and vegetables heavily affected by fallen ash should be avoided.
- Dry with a clean cloth or paper towel to reduce the harmful bacteria that may be present on the surface of fresh produce.
- Fruits and vegetables can be washed by using the following dilution: 1 teaspoon baking soda to 2 cups of water; soak in the mixture for 5 to 10 minutes, then rinse with clean water. This will ensure that any dirt, pesticides, and general unwanted particles are removed. Lemon juice and white vinegar can be substituted for baking soda, eg. 1 tablespoon of vinegar or lemon juice to 6 cups of water.
- Clean produce before peeling to prevent ash, dirt and bacteria passing from the knife onto the fruit or vegetable.

*Fruits and Vegetables with **Inedible Peels**: Breadfruit, bananas, avocados, grapefruit, lemons, limes, pumpkin, melon, squash etc.*



#### *Canned Fruits*

- Canned and jar/bottled fruits and vegetables are best recommended for use during this period.
- Wash lids before opening, including canned beverages and soups so harmful particles do not fall into food.

#### *Remember to:*

- Avoid fresh produce with mold, bruises or cuts.
- Avoid the use of soap to wash produce. Due to the porous surfaces on fresh produce, it can absorb the ingredients in soap, as well as it leaves a residue.
- Refrigerate fresh produce within two hours of peeling or cutting.
- Throw away leftover cut produce left at room temperature for more than two hours.
- Discard cooked vegetables after three to four days.