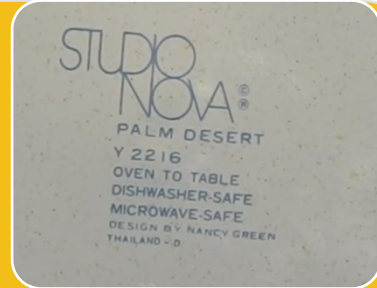


# Washing Up



## Produce

- \* Always rinse your produce with water, there is no need to use soap on your produce.
- \* Rinse your produce even if you plan to peel it. Contaminants from the peel can be transferred to the inside of your produce as you peel it.
- \* There is no need to rinse or wash meat/poultry/fish.
- \* Always wash your hands before cooking and after handling any raw meat/poultry/fish.

## Cutting Boards

- \* Always use different cutting boards and knives for meats/poultry/fish and produce to avoid cross contamination.
- \* Sanitize the cutting board between uses.
- \* You can sanitize your cutting boards either in the dishwasher or with a solution of :  
1 T bleach and  
1 gallon of water.
- \* This same solution is also safe for your counter tops.

## Dishes

- \* Everything can be hand washed but some items cannot handle the high heat of the dishwasher. You can check the underside of most products for washing instructions
- \* Complicated kitchen gadgets, like a blender, should be completely disassembled before washing. If not, all the nooks and crannies may not be cleaned.
- \* Let your dishes air dry if possible and ensure that they are completely dry before putting them away.