

Scrub those veggies!

All fruits and vegetables should be washed well to remove dirt, bacteria and pesticides.

- Wash all produce carefully under cold or warm (not hot) running tap water.
- Carefully rinse tender fruits such as strawberries and raspberries just before preparing.
- Scrub tough-skinned produce, such as carrots, apples and squash, with a vegetable brush.
- Trim the tops of lettuce and other leafy vegetables. Throw away the outer few leaves.
- Don't use soap when washing fruits and vegetables because not all of it is rinsed off.



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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp

