IS THE FOOD
YOU EAT SAFE?
Food Safety

**Do**
Wash produce vigorously with lukewarm tapwater before eating.

**Don’t**
Do not eat produce that looks or smells spoiled.

**Do**
Trim away bruises, damaged areas, and the stem scar.

**Don’t**
Do not save washed produce for later (unless you dry it with a salad spinner or towel).

**Do**
Keep produce that tolerates low temperatures in the refrigerator.

**Don’t**
Cross-contaminate foods or surfaces, particularly when handling raw meat or eggs.

**Do**
Wash hands, kitchen surfaces, and tools before and after preparing food.

**Do**
Wash hands often during food preparation.

Figure 8. Consumers can significantly reduce the risk of getting sick from eating contaminated produce by following some elementary precautions in the kitchen. Meals eaten at restaurants and public gatherings are more likely to result in foodborne illness, in part because more people handle the food. In their personal lives, the authors prefer to avoid salad bars and all-you-can-eat buffets because so many individuals (many of whom, statistically, failed to wash their hands after using the toilet) have come into contact with the food.

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