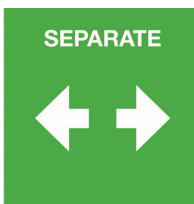


It is safe to eat fresh fruits and vegetables during COVID-19.

The Centers for Disease Control has said that there's currently no evidence of COVID-19 spreading from food. Keeping food safe during COVID-19 is like before. Follow these four steps:



Wash your hands for 20 seconds (the time it takes to sing the ABCs song) with soap and water before and after handling food. Wash counters often. Rinse fruits and veggies with running water.



Keep raw meat, poultry and fish away from fruits and veggies while shopping and in the fridge. Use separate cutting boards for fruits and veggies and raw meat, poultry, and fish.



Use a food thermometer to make sure your food is cooked to a safe temperature. If you're worried about eating raw veggies, steam, boil, roast or sauté them! You can also buy packaged fresh veggies, like baby carrots or sugar snap peas or fruit you can peel, like oranges, bananas, and melons.



Refrigerate perishable foods right away and keep your refrigerator at 40° F or below.

Go to www.cdc.gov/foodsafety/ for more info.