

## WSGW RADIO PRESENTATION

### FRESH PRODUCE SAFETY

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The standard in the most current Michigan Food Code is that raw fruits and vegetables shall be thoroughly washed in water to remove soil and other contaminants before being cut, combined with other ingredients, cooked, served, or offered for human consumption in ready-to-eat form.

According to the CDC only 10-14% of Michigan adults consume fruit 2 or more times per day and vegetables 3 or more times per day.

Farm to fork seems to be an increasingly popular concept and the Food Safety Modernization Act (FSMA) signed into law in 2011 mandated that the FDA establish science-based, minimum standards for the safe growing, harvesting, packing and holding of produce on farms to minimize contamination that could cause serious adverse health consequences or death.

According to the CDC regarding produce associated outbreaks from 1996-2010 there were 131 outbreaks, resulting in 14,350 illnesses, 1,382 hospitalizations, and 34 deaths.

#### Key Points:

- Remember to always wash hands before and after handling food.
- When selecting fresh-cut produce – choose items that are refrigerated or on ice.
- Bag fresh fruits and vegetables separately from meat, poultry and seafood products.
- All produce should be washed before eating, even shredded lettuce and salads. Even if you are going to peel the produce before eating, it should be washed.
- Scrub firm produce, such as melons and cucumbers with a clean brush.

[www.saginawpublichealth.org](http://www.saginawpublichealth.org)

Source: [www.foodsafety.gov](http://www.foodsafety.gov)  
Food Safety News  
Food Science Department at Purdue University