



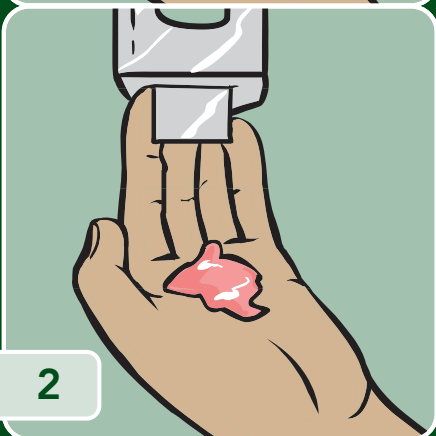
MARKON®

How to Wash Your Hands Properly

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1. Wet hands with clean, running water (warm or cold).
2. Lather hands with soap by rubbing them together, including backs of hands, between your fingers, and under your nails.
3. Scrub hands for at least 20 seconds.
4. Rinse hands under clean, running water.
5. Dry hands with a clean towel or air dry them.

When should you wash your hands?

- After using the restroom.
- After coughing, sneezing, or blowing your nose.
- After using any chemicals.
- After contact with your clothes or apron.
- After contact with anything that may contaminate your hands.

Additional Produce Handling Safety Tips

- Wash hands before and after handling fresh fruits and vegetables.
- Properly clean all surfaces and utensils with hot water and soap; this includes all countertop surfaces, cutting boards, knives, and other items that will touch fresh produce before and after food preparation.
- Always use separate utensils and cutting boards for produce and meat/poultry/seafood to prevent cross-contamination.
- Rinse commodity fruits and vegetables under clean running water, even if the produce is going to be peeled; Ready-Set-Serve products do not need to be washed.
- Never use detergent or bleach to wash fruits or vegetables as these chemicals are not intended for consumption.
- Rub firm-skin produce under cold running tap water or scrub with a clean vegetable brush while rinsing.
- Dry with clean cloth or paper towel to further reduce bacteria that may be present on the surface.