

8 Tips to Wash Fruit & Vegetables

- **1 Sanitize Your Hands First**

Follow the established guidelines by NHS and WHO for sanitizing hands.
- **2 Wash All Produce**

Don't leave a single piece unwashed if you're going to store them in the same fridge.
- **3 Use Just Cold Water**

It would be better if you could wash them in running water.
- **4 Wash Them Thoroughly**

Dip them into a bowl of cool water and scrub hard to remove all the unwanted things. After that, change the water and do the same.
- **5 Add A Teaspoon of Baking Soda**

Baking Soda is highly effective to remove poisonous substances from fruits and vegetables.
- **6 Use a Brush or Sponge**

You can use a brush or sponge to clean root vegetables such as potatoes, carrots, radish, etc.
- **7 Dry Them Properly**

Dry you produce after washing to remove extra moisture which can accelerate rotting.
- **8 Avoid Cross-Contamination**

Never use the same bowl or sink without sanitizing it properly to wash vegetables and other raw foods.