



VEGETABLES. BEST SERVED WASHED.

Vegetables can pick up harmful germs.
So, you should always:

- wash, peel or cook them before eating
- store and prepare vegetables separately from food that is ready to eat
- use different chopping boards and utensils for raw and ready-to-eat foods or wash thoroughly between use
- finally, remember to wash your hands after handling raw vegetables

That way, you won't serve up any unpleasant surprises.



**Food
Standards
Agency**
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