

Tips to Enjoy Fresh Produce Safely



Always wash your hands before preparing and eating food.



Rinse fruits and vegetables under clean, running water.

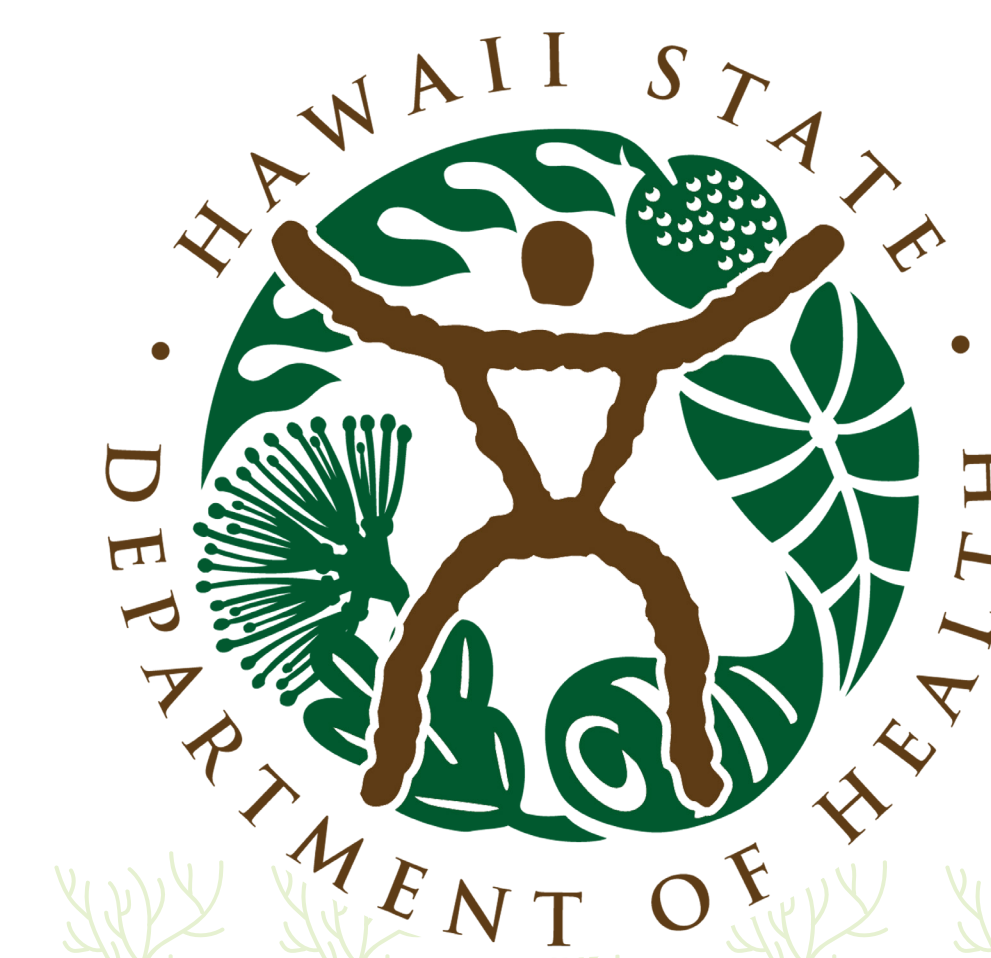


Inspect produce carefully, especially leafy greens.



Properly store food and drinks in sealed containers.

These actions help prevent foodborne illnesses.



Learn more at <http://health.hawaii.gov>.

Foodborne illnesses are diseases such as rat lungworm disease, hepatitis A, *Listeria*, *Salmonella* and *E. coli*. Cooking food by boiling for 3-5 minutes or heating to 165° Fahrenheit for 15 seconds is the most effective way to prevent these illnesses.

