

Fresh cut fruit and vegetables

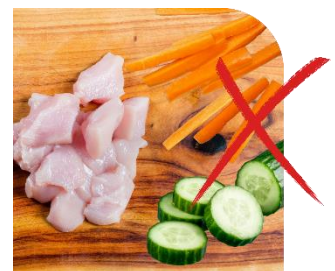
Whole fruit and vegetables are safe and nutritious. However, when cut there is a risk of contamination from harmful bacteria unless handled correctly.

Fresh fruit and vegetables eaten raw, without any cooking or heating to destroy bacteria, need safe handling to minimise contamination and prevent harmful bacteria growing.

These tips are relevant for many types of cut fruit and vegetables eaten raw, such as fruit platters, fruit salad, fruit kebabs, carrot and celery sticks, vegetable platters and salads.

Preparing

- Keep fruit and vegetables separate from other raw foods (such as meat, chicken, fish, eggs) to avoid cross contamination.
- Use a clean and sanitised chopping board and knife (a colour-coded chopping board may also be appropriate).
- Wash fruit, vegetables and salad ingredients thoroughly in clean, drinking-quality water just before preparing and serving.
- Peel, trim or remove the skin or outer leaves (as appropriate).
- Remove any bruised or damaged parts.



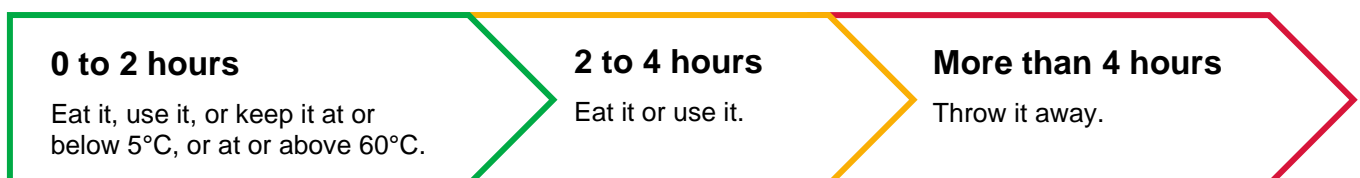
Serving

- Use cut fruit and vegetables on the day they are prepared.
- Serve immediately after preparing or within 2 hours if possible – see the '2-hour/4-hour' rule below. If not serving within 2 hours, cover and store in the fridge until serving (on the same day of preparation).



2-hour/4-hour rule

The time potentially hazardous food can be safely held between 5°C and 60°C is commonly referred to as the 2-hour/4-hour rule and is applied as follows:



Food businesses using the 2-hour/4-hour rule must demonstrate that the food is safe.

For more information visit foodauthority.nsw.gov.au