



live life well.



Tips for Fresh Produce

Buying Tips for Fresh Produce

You can help keep produce safe by making wise buying decisions at the grocery store.



Purchase produce that is **not bruised** or damaged.

When selecting **freshcut produce** - such as a half a watermelon or bagged mixed salad greens - choose only those items that are **refrigerated or surrounded by ice**.

- **Bag fresh fruits and vegetables separately** from meat, poultry and seafood products when packing them to take home from the market.



For additional tips from U.S. Food and Drug Administration please visit www.fda.gov, select Food under Products FDA Regulates