



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](http://www.fda.gov), select Food under Products FDA Regulates