FOOD SAFETY
TIPS FOR U-PICK

FRESH FRUITS AND VEGETABLES

A PICKER'S GUIDE

CANADAGAP®

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WHEN TO WASH YOUR HANDS

- Before handling fruits and vegetables
- After using the washroom
- After smoking or eating
- After hand-to-face contact (e.g., coughing, sneezing, blowing nose)
- After applying insect repellent or sunscreen
- After handling any materials other than fruit and vegetables (e.g., garbage)

HOW TO WASH YOUR HANDS

- Use hand wipes **AND** use one to two squirts of waterless, alcohol-based hand sanitizer

OR

- Use potable water and soap (scrub hands well for 20 seconds) and dry with a paper towel

OR

- Use non-potable water, dry with a paper towel and use hand sanitizer

GOOD PICKING PRACTICES

- Use only clean containers for picking
- Stay in the designated picking area
- Do not pick fallen fruit or vegetables off the ground
- Touch only the fruit and/or vegetables you plan to buy

FARM CLEANLINESS

- Use the toilet facilities provided
- Put garbage, waste and recyclables into proper containers
- Eat, drink and smoke only in designated areas
- Leave pets at home

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