8 Tips to Wash Fruit & Vegetables

1. **Sanitize Your Hands First**
   Follow the established guidelines by NHS and WHO for sanitizing hands.

2. **Wash All Produces**
   Don’t leave a single piece unwashed if you’re going to store them in the same fridge.

3. **Use Just Cold Water**
   It would be better if you could wash them in running water.

4. **Wash Them Thoroughly**
   Dip them into a bowl of cool water and scrub hard to remove all the unwanted things. After that, change the water and do the same.

5. **Add A Teaspoon of Baking Soda**
   Baking Soda is highly effective to remove poisonous substances from fruits and vegetables.

6. **Use a Brush or Sponge**
   You can use a brush or sponge to clean root vegetables such as potatoes, carrots, radish, etc.

7. **Dry Them Properly**
   Dry you produce after washing to remove extra moisture which can accelerate rotting.

8. **Avoid Cross-Contamination**
   Never use the same bowl or sink without sanitizing it properly to wash vegetables and other raw foods.