Peas and Carrots

August 2025

STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.

Fruit and Vegetable Safety at the Store or Market

Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.

Keep Precut Fruits and Vegetables Cold

- Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.

Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home

Get fruits & vegetables home and in the fridge in 2 hours or less

Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled "prewashed" do not need to be washed again at home.

Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.

Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

FDA's Updated "Healthy" Claim Definition

U.S. FOOD & DRUG ADMINISTRATION

The "healthy" nutrient content claim for use in food labeling was originally developed in the early 1990s. Nutrition science and dietary recommendations have changed over the years, so FDA has updated the "healthy" claim for foods. Healthy diets are made up of a variety of food groups and nutrients and the "healthy" claim can help consumers identify those foods that are the foundation of healthy dietary patterns.

Limits on: ✓ **Saturated fat** ✓ **Sodium** ✓ **Added Sugars**

✓ **Required to contain:** A minimum amount of recommended food groups and sub-groups (vegetables, fruits, dairy, protein foods, whole grains) which contain an array of nutrients.

Examples of foods that qualify under the updated "Healthy" claim:

Fresh whole fruits and vegetables

Frozen, chopped, dried, or canned fruits and vegetables*

Salmon

Trail mix with nuts and dried fruit*

Plain low-fat or fat-free yogurt

Eggs

Water

100% olive oil

* Nutritional content of these items may vary based on added ingredients and must meet a minimum food group amount and required limits for saturated fat, sodium, and added sugars to qualify to bear the "healthy" claim under the updated definition.

Examples of foods that qualified under the original "Healthy" claim:

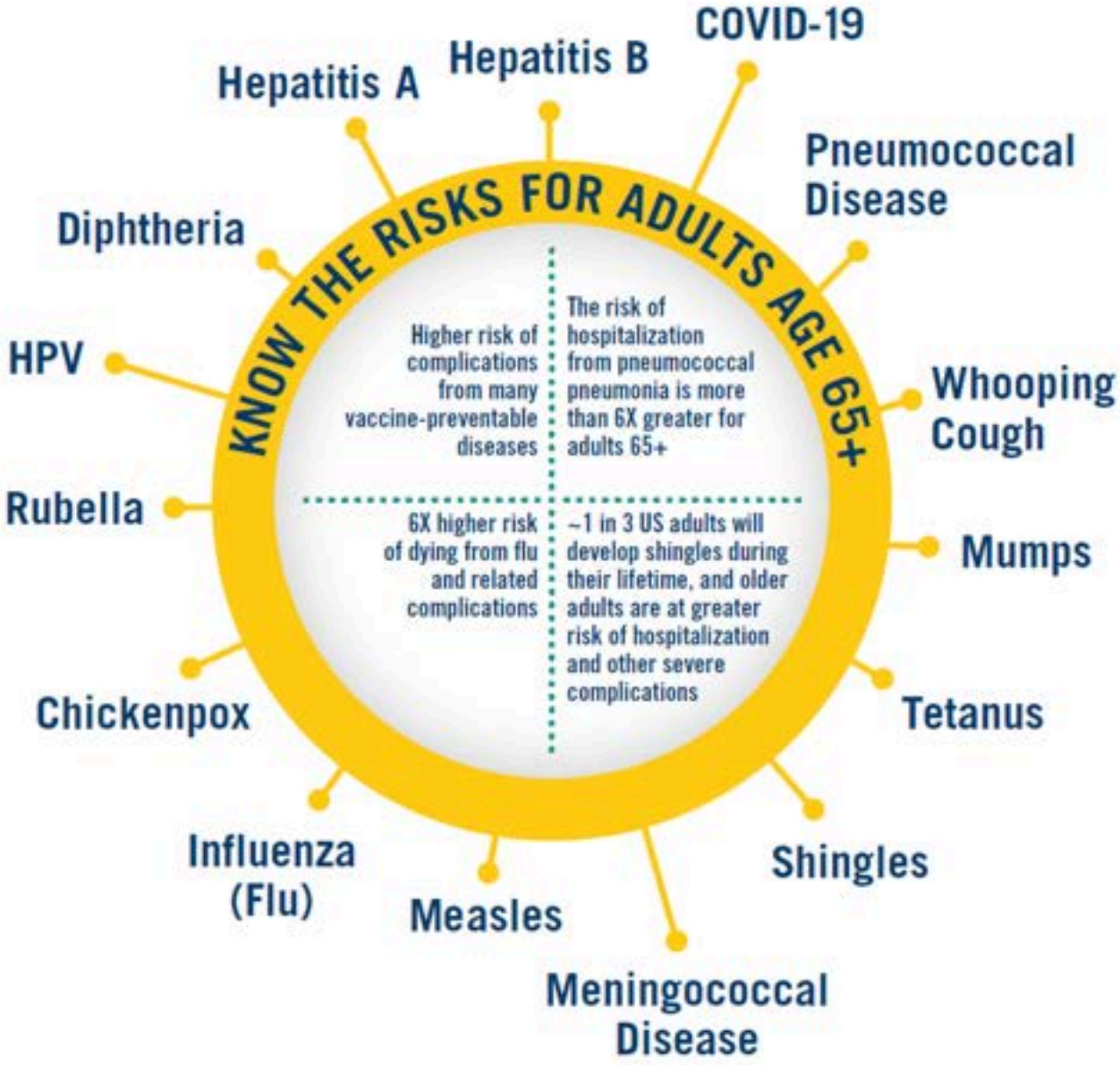
- Yogurt that is high in added sugars
- Fortified breakfast cereal that is high in added sugars
- Fortified white bread with no whole grains
- Fruit snacks that are high in added sugars
- Snack bars that are high in added sugars
- Fortified fruit punch (not 100% juice)

For more information, visit: https://www.FDA.gov/healthy

SCAN QR CODE Healthy

VACCINES ARE NOT JUST FOR CHILDREN

ADULTS 65+ CAN BE PROTECTED FROM DEADLY DISEASES



Talk with your healthcare professional about vaccines recommended for older adults

For more information, visit nfid.org

National Foundation for Infectious Diseases

#GetVaccinated

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Caprese Zucchini Casserole

Courtesy: https://www.eatingwell.com/recipe/274358/caprese-zucchini-casserole/

Servings: 6 Serving Size: ¾ cup

Nutrition Facts: Calories 87
Total Carbohydrates 6g; Dietary Fiber 1g; Total Sugars 3g; Protein 5g; Total Fat 5g; Saturated Fat 2g; Cholesterol 9mg; Vitamin A 809IU; Vitamin C 18mg; Folate 30mcg; Sodium 296 mg; Calcium 121mg; Iron 1mg; Magnesium 23mg; Potassium 326mg

Ingredients
2 medium zucchini and/or summer squash, sliced
2 medium tomatoes, sliced
¼ cup finely chopped shallot
1/4 cup basil plus 2 tablespoons, divided
1 tablespoon extra-virgin olive oil
1/2 teaspoon salt
1/4 teaspoon ground pepper
3/4 cup shredded fresh mozzarella cheese (3 ounces)
1 dash Balsamic vinegar

Directions
1. Preheat oven to 400 degrees F. Coat an 8-by-8 or 7-by-10 inch baking dish with cooking spray
2. Arrange squash and tomatoes decoratively, like rows of shingles (some may need to be cut in half), in the prepared dish.
3. Combine shallot, ¼ cup basil, oil, salt and pepper in a small bowl. Spoon the mixture over the vegetables. Sprinkle evenly with mozzarella. Bake until the vegetables are tender and the cheese has melted, about 30 minutes. Sprinkle with the remaining 2 tablespoons basil. Drizzle with balsamic vinegar, if desired.

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