

Purchase

- Buy fresh fruit that is not bruised or damaged.
- If buying fresh-cut ready-to-eat fruit, choose only those items that are refrigerated.
- Buy only quantities of fruits that you can use before they begin to spoil.
- Separate fresh fruits from raw foods such as meat, poultry and seafood to avoid cross-contamination when taking fresh fruits home from the market.

Storage after returning from market

- Pre-cut or peeled fruits should be refrigerated immediately to maintain both quality and safety.
- Refrigerate perishable fresh fruits immediately.
- Keep fresh fruits separate from raw meat, poultry or seafood in your refrigerator.

Preparation

- Cut fresh fruits until you are ready to eat it.

- Wash hands thoroughly before and after handling fresh fruits
- Use different cutting boards and knives to handle fresh ready-to-eat fruits and raw foods (such as raw meat).
- Wash cutting boards, knives and counter tops thoroughly with soap before and after food preparation.
- For added protection, sanitise cutting boards, knives and counter tops periodically.
- Cut away any bruised areas on fresh fruits before preparing. Discard any rotten fresh fruit.
- Wash fresh fruits (including those with skins and rinds that are not eaten) thoroughly under running tap water just before eating, peeling or cutting. Do not use soap or detergent.
- Rub firm-skin fruits under running tap water or scrub with a clean produce brush while rinsing with water.
- Refrigerate pre-cut fruits within two hours of peeling or cutting.
- When serving melons, do not let the rind come in contact with the cut melon.

- When transporting cut and perishable fruits to a picnic or gathering, put them in a cooler with ice or gel packs

Leftover

- If not consumed, wrap fresh-cut or peeled fruits tightly in plastic wrap and refrigerate immediately (i.e. at a temperature of 4°C or below).
- Leftover cut fruits should be discarded if left at room temperature for more than two hours.

For related information, please contact the Communication Resource Unit, FEHD.

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A Guide to Consumers

Advice on hygienic preparation and handling of pre-cut fruits

