

Get Answers!

Washing Apples or Pears

I was wondering, I am told NOT to wash apples or pears in our school kitchen as it takes off the "shine". Is it common practice to not wash the fruit for the children?

Thank you for your question about washing apples and pears in your school kitchen. It's always recommended to wash apples and pears under cold, running water prior to serving. Washing the apple may decrease the "shine", but washing is the only way to make the apple safe to eat.

If you would like more information about how to handle produce, resources are available from the National Food Service Management Institute.<http://nfsmi.org/ResourceOverview.aspx?ID=394>

Here is an example fact sheet that talks about apples: Apple Information sheet

<http://nfsmi.org/DocumentDownload.aspx?id=3298>

<http://opi.mt.gov/GetAnswers/questions/334/>