



## Method of Washing Fruits and Vegetables

Pesticide residues may be present in fruits and vegetables as the pesticides are sprayed on them during their cultivation.

So, how can pesticide residues be removed?

The best way is washing them thoroughly before eating.



市政署  
INSTITUTO PARA OS  
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食安專線  
Linha aberta sobre Segurança Alimentar · Food Safety Hotline  
**2833 8181**

# How can we reduce our intake of pesticides?

## Bear in mind the method of cleaning fruits and vegetables



1 Remove the spoiled and inedible outermost layers or leaves



2 Rinse away dirt on their surface with running water



3 When washing firm fruits and vegetables under running water, use a clean soft brush designed for the purpose



4 Clean and wash them thoroughly before cutting to avoid loss of nutrients

### Tips for Everyday Life



Water after washing fruits and vegetables is not drinkable but it can be reused for watering plants and flushing toilets.



It is not advisable to use a produce wash agent as its residue can remain on the fruits and vegetables while not thoroughly rinsed.



Water after blanching vegetables should be discarded because it may contain pesticide residues.