

Safety Guidelines

For Preparing Juice At Home



Wash your hands with soap and water before juicing.

Check the fruits and vegetables and cut off any damaged parts.



Wash the fruits and vegetables thoroughly under running water. Never use soapy water.

Scrub with a clean brush, even if you plan to peel them.



Use a cloth towel to dry fruits and vegetables to further eliminate germs.

Make sure all the juicing equipment is clean before preparing the juice.



Reference:

1. What You Need to Know About Juice Safety; FDA