



HEALTH HOLDING

HAFER ALBATIN HEALTH
CLUSTER
MATERNITY AND
CHILDREN HOSPITAL

Department:	Dietary Services (DT)		
Document:	Internal Policy and Procedure		
Title:	Fruits and Vegetables Preparation		
Applies To:	All Dietary Services Staff		
Preparation Date:	January 06, 2025	Index No:	DT-IPP-025
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1. PURPOSE:

- 1.1 To prepare properly by washing the fruits and vegetables.
- 1.2 To prevent bacteria and all food-borne organisms causing illness.

2. DEFINITONS:

- 2.1 Fruits and Vegetables Preparation – requires proper preparation in order to take full advantage of many nutrients.

3. POLICY:

- 3.1 Fresh fruits and vegetables are included in the diet, but not the insects, chemicals and Bacteria that come along with them so make sure fruits and vegetables are washed properly before you serve them.

4. PROCEDURE:

4.1 How to wash Fruits and Vegetables:

- 4.1.1 Start by keeping your kitchen countertops, refrigerator, cookware and cutlery clean.
- 4.1.2 Always wash your hands before preparing meals and handling fruits and vegetables.
- 4.1.3 Keep fresh greens, fruits and vegetables away from uncooked meats to avoid cross contamination.
- 4.1.4 Choose healthy looking, ripe fruits and vegetables. Avoid brushes, mouldy and mushy produce.
- 4.1.5 Fruits and vegetables have natural coatings that keep moisture inside and washing them will make them spoil sooner. Prepare your fruits and vegetables in a specific time to wash them before serving it.
- 4.1.6 Wash all pre-packaged fruits and vegetables, even if the label claims they are pre-washed.
- 4.1.7 Wash all parts of your fruits and vegetables, even if you don't plan on eating them. Bacteria can live on the rind of an orange or the skin of a cucumber, for example. Though you may peel them away and toss them in the trash, the bacterial can be transferred from the outside of the fruit or vegetable to the knife you use to cut them, and then onto the parts you will be eating.
- 4.1.8 Gently rub fruits and vegetables under running water. Don't use any soaps, detergents, bleaches, or other toxic cleaning chemicals. These chemicals will leave residue of their own on your produce.
- 4.1.9 Commercial sprays and washes sold for cleaning vegetables really aren't any better than cleaning thoroughly with plain water, so don't waste your money on them.

- 4.1.10 Firmer fruits and vegetables, such as apples and potatoes can be scrubbed with a vegetable brush while rinsing with clean water to remove dirt and residues.
- 4.1.11 Remove and discard the outer leaves of lettuce and cabbage heads, and thoroughly rinse the rest of the leaves.
- 4.2 Remember that the fruits and vegetables you buy may look clean when you pick them out at the grocery store, but you can't see bacteria or chemicals. Your fruits and vegetables still need to be washed before you eat them or serve them. This is especially important for produce and greens that are eaten raw.

5. MATERIALS AND EQUIPMENT:

- 5.1 Materials and Equipment
 - 5.1.1 Running Water
 - 5.1.2 Strainer

6. RESPONSIBILITIES:

- 6.1 Clinical Dietician
- 6.2 Dietician

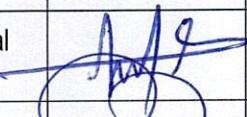
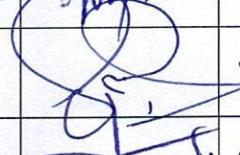
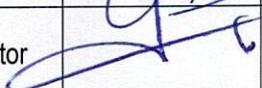
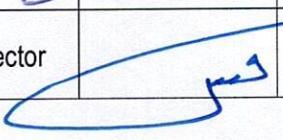
7. APPENDICES:

- 7.1 N/A

8. REFERENCES:

- 8.1 Medical Nutrition Therapy Book
- 8.2 Dietary Manual 4th edition Oct 1994
- 8.3 General Directorate of Health Affairs (Al – JOUF), Maternity & Children's Hospital [JF - MCH], Kingdom of Saudi Arabia, 1434.

9. APPROVALS:

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