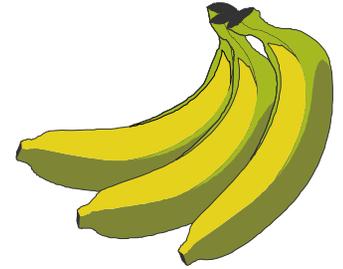


How to Prepare and Serve Fresh Fruits



Wash and serve whole

- Apples, oranges, bananas, peaches, etc.
- Strawberries - serve with the stems.

Wash and cut

- Kiwi - cut in half and serve with a spoon.
- Round fruits (oranges, apples, melons) – cut into wedges and serve with the skin.

Wash, peel and cut

- Fruits used as an ingredient in other dishes





How to Prepare Fresh Vegetables

 Leave skin on when possible.

 Cut or slice into desired shapes and sizes as close to service as possible.

 Wash quickly in cold water just before preparing.

