



## Grocery Run: Fruits and Veggies

Today's Plastic Free July challenge: **choose to refuse plastic-packaged fruits & veggies!**

Take a look through your refrigerator, and note the fruits and vegetables wrapped in plastic. Could you buy them unpackaged? **Farmers markets** are highly recommended for buying local, in-season produce!

If you want to avoid placing your un-wrapped produce directly in your cart, **bring your own reusable produce bags to the store!** With some simple sewing, you can make your own with a bit of old fabric or netting. Or check out some local reusable produce bags to purchase here:

[B-Organic](https://b-organicma.com/), based in MA: <https://b-organicma.com/>

[ECOBAGS.com](https://www.ecobags.com), based in NY: [https://www.ecobags.com/Our\\_Products/Produce\\_Bags](https://www.ecobags.com/Our_Products/Produce_Bags)

During the COVID-19 pandemic, there has been worry about the virus spreading through exposed fruits and vegetables. However, the CDC states that washing fruits and vegetables with water immediately after shopping, and gently scrubbing uncut, firm produce with a clean brush is sufficient to eliminate the risk of spreading the virus.