

# MELON SAFETY



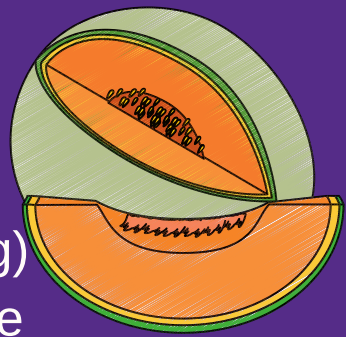
## Fuel Your Family

### Melon Background

- Cut melons can be potentially hazardous because they support the growth of bacteria
- E. Coli, Salmonella, and Listeria can be present on the rind, but the rind protects the inside of the melon from these bacteria

### Prep Steps

1. Wash your hands with soap and warm water for at least 20 seconds
2. Always wash and scrub melons thoroughly (this helps remove bacteria before you start cutting)
3. Always make sure your knife and cutting boards are clean and sanitized



### Cutting Melons

- Store cut melon in the refrigerator after cutting
- Serve cut melon on ice
- Don't let the cut melon sit in the Temperature Danger Zone (40°F-140°F) for longer than 2 hours or 1 hour if the temperature is over 90°F
- Or, to play it safe, cut melons immediately before serving

### Examples of Melons

- Watermelon
- Cantaloupe
- Honeydew
- Canary



## Melon Cutting Video

[https://www.youtube.com/watch?](https://www.youtube.com/watch?time_continue=20&v=gQNai8ASBEs&feature=emb_title)

[time\\_continue=20&v=gQNai8ASBEs&feature=emb\\_title](https://www.youtube.com/watch?time_continue=20&v=gQNai8ASBEs&feature=emb_title)

Sources: [https://www.canr.msu.edu/news/melons\\_prepare\\_and\\_store\\_properly\\_for\\_safe\\_consumption](https://www.canr.msu.edu/news/melons_prepare_and_store_properly_for_safe_consumption)

**K-STATE**  
Research and Extension

Douglas County



Supplemental  
Nutrition  
Assistance  
Program

Putting Healthy Food  
Within Reach

Kansas State University Agricultural Experiment Station and Cooperative Extension Service  
K-State Research and Extension is an equal opportunity provider and employer.