Washing of produce:
Guidance to minimize the microbiological risk
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Purpose of this booklet

This booklet helps you to understand the critical elements that impact microbiological food safety during produce washing.

- Why it is important to manage the wash properly;
- What are the main elements to control during produce washing;
- What are the main elements to manage for an effective maintenance of equipment;
- Why it is important to validate the microbial reduction for a washing process.

Microbiological food safety for produce washing

Produce (e.g. salads, herbs, carrots, strawberries) can get contaminated with pathogenic microorganisms during the production in the field.

**For a lot of produce, washing is the only process that can bring a microbial reduction.**

During washing, microorganisms are removed from the produce surface by mechanical action of the water. Once microorganisms are in the water, they can be killed by the chemicals present.

The correct management of the washing process is extremely important to maximize microbiological reduction and avoid cross-contaminations between washing water and produce.

Process overview

The drawing below represents an overview of the washing process. Generation and storage of chemicals as well as concentration and pH of the washing water are the main parameters to consider for an effective management of the process.
Why is water quality so important?
The use of potable water is a recommended pre-requisite to avoid additional microbial contamination of the produce. Guidelines for potable water quality are published and regularly updated by the World Health Organization (WHO) “Guidelines for drinking water quality”\(^1\). However, local requirements should be considered when available.

It is also important to reduce to a minimum value the content of iron and manganese in the water.

These two elements react and consume hypochlorite and as result lower the antimicrobial efficacy.

Verification programs: Why is it important to verify the quality of the water?
Verification programs should be done according to HACCP plans. The most common parameter to check for verification is *Escherichia coli* (or alternatively coliforms) as an indicator of hygiene. For both parameters absence of microorganisms is required in 100 ml of water.

The frequency of sampling can be defined internally depending on the level of confidence present towards the microbial safety of the water system and taking into account seasonality and occasional events. Data collected over time are very useful to build control charts and trend analyses.

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1. [www.who.int/water_sanitation_health/publications/drinking-water-quality-guidelines-4-including-1st-addendum](http://www.who.int/water_sanitation_health/publications/drinking-water-quality-guidelines-4-including-1st-addendum)
**Why is it important to monitor chemical concentration and pH?**

Chemical concentration in the washing bath should be constantly monitored to avoid drops in concentration. pH in the washing bath should be continuously measured to prevent big variations that can deeply affect the disinfection efficacy.

| Chemical   | Chemical Concentration Monitoring (How) | Recommendations
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Hypo Cl.</td>
<td>• Commonly used measuring systems are the Oxidation Reduction Potential (ORP) that measure the oxidation potential continuously. This parameter is directly linked to the concentration of the oxidizer. For chlorine dioxide the use of electrochemical sensors is also recommended. Colorimetric methods are also available for chlorine dioxide, easy to use but not continuous and less accurate.</td>
<td>concentration: 15–20 mg/L residual chlorine, contact time: from 30 seconds to 2 minutes, pH: hypochlorite between 6.5–7.2, chlorine dioxide between 4–9</td>
</tr>
<tr>
<td>Cl. Diox</td>
<td>• Automated devices based on selective membranes are recommended for continuous reading. ORP methods are not accurate due to the reading interference with peroxide water.</td>
<td>40–50 mg/L, from 30 seconds to 2 minutes, Between 4–7</td>
</tr>
<tr>
<td>PAA</td>
<td>• Electrochemical sensors combined with selective membranes can provide continuous reading of residual ozone.</td>
<td>5 mg/L, 2 minutes, 6 is the optimal value</td>
</tr>
<tr>
<td>Ozone</td>
<td>• Electrochemical sensors can be used.</td>
<td>5 mg/L, 2 minutes, 6 is the optimal value</td>
</tr>
</tbody>
</table>

**Why are appropriate calibration and maintenance important?**

Calibrations & regular checks:
- Chemical dosing and measuring systems. In order to properly manage the chemical concentration and maximize the produce sanitization, it is important to regularly calibrate the two systems. This should be done according to a frequency advised by the manufacturer and performed by trained people.
- Water delivery to the measuring system. It is important to verify that the washing water is properly delivered to the chemical measuring system. This check should be done daily for accurate chemical measurement. Most times the check consists of visual verification that connecting pipes are not clogged and that the exit flow is normal. The delivery system should also be cleaned to avoid biofilm formation.

Preventive maintenance:
- Chemical dosing and measuring systems. Preventive maintenance is a key element to the proper functioning of these devices and as consequence to the correct management of the washing process. Replacement of spare parts and frequency should follow recommendations from the device manufacturer.
- Whole plant. Replacement of seals, flexible tubing, gaskets and other wearing parts should be done regularly depending on the technology used but at least once a year.
Why is validation so important?

Validation of the inactivation achieved during washing (in both water and produce) is key to understand the efficacy of the process.

This value must be directly linked to the free chemical concentration in the washing water and the chemical parameter continuously monitored (e.g. ORP).

Why is verification so important?

• Verification should be done on both washing water and produce.
• The same microorganisms used for validation (Escherichia coli or coliforms) should be used.
• Data should be collected over a defined period of time. This allows the possibility to do trend analysis and better control the process.

Validation and verification

Record keeping

- Storing temperature and time (where applicable) of the concentrated solution
- Chemical concentration in the washing water
- pH of the washing water
- Validation and verification data for both water and produce

Good Manufacturing Practices (GMPs)

- Zoning
  - Zoning is the separation of areas with different hygiene levels. It can be applied to prevent spreading of microorganisms from a specific highly contaminated area to other more critical processing zones. As an example, raw material reception should be separated from the packing area of the washed finished product.

- Cleaning
  - Cleaning must be considered as a process step, preparing the line for production. Wet cleaning describes the process of soil removal from equipment and/or manufacturing process facilities, with the use of water.
  - Cleaning is a mandatory action to keep the hygiene of the equipment and process facilities under control.

Why is it important to store records?

Records show evidence that a specific action has been taken at a specific time. Therefore it is important to collect them in a timely manner and keep them over time. A person should be responsible to do so.

The following elements are the most important for the washing process and should be kept:

- Disinfection in the washing water should achieve at least 3 log₁₀ reduction of the target microorganism during a full scale washing process. This is done by comparing inactivation in water measured with and without chemical. The enumeration of Escherichia coli (or alternatively coliforms) in water should be used to assess the inactivation of pathogenic microorganisms.

- Decontamination of produce cannot fully remove the target microorganism. A 1–2 log₁₀ reduction can be considered successful. Similarly to water, the enumeration of Escherichia coli (or alternatively coliforms) can be used to assess the inactivation of pathogenic microorganisms. This is done by enumeration microorganisms before and after washing.

- pH of the washing water

- Chemical concentration in the washing water

- Validation and verification data for both water and produce

Why is it important to have GMPs in place?

GMPs (as defined by CODEX) are a collection of generally recognized rules, procedures and practices that together provide guidelines stating what is and what is not acceptable in the food industry. GMPs must be preventive in their approach. It aims to ensure that food quality and food safety objectives are met consistently.