
Washing produce in Nicaragua?

Posted by Squirrelletta - 2008/09/17 01:32

Hi,

I'll be 29 weeks pregnant and traveling to Nicaragua in a few weeks. Obviously having safe eating conditions is really important cuz of the babe. :(

How does anyone handle washing produce in central america? If the water is what's bad, what are my options to stay as raw as possible? Wash with bottled water and bring veggie wash is my only idea, but seems like a waste of my good water supply?

Thanks gang!
Squirrelletta

Re:Washing produce in Nicaragua?

Posted by SeoulKiwi - 2008/09/22 04:35

sorry I don't have any answers other than using bottled water. I wish you well in working this one out and hope you have a fab time in Nicaragua!

Re:Washing produce in Nicaragua?

Posted by Squirrelletta - 2008/09/22 05:11

Thanks!

OK, from what research I've been able to gather; Nicaragua and El Salvador have great sewer and septic systems (compared to say...Mexico) Soooo...it *claims* waters not even an issue there.

My pal who goes often said the same thing.

Hopefully there will be raw fruits and veggies a plenty on every corner! He, he!:lol:

Wish me luck!

Re:Washing produce in Nicaragua?

Posted by SeoulKiwi - 2008/10/11 12:26

Hope you have a great trip!! Let us know what raw yummys you found.
