MYTH: “Of course I wash all bagged lettuce and greens because it might make me sick if I don’t.”

FACT: While it is important to thoroughly wash most fresh fruits and vegetables, if packaged greens are labeled “ready-to-eat,” “washed,” or “triple washed” then the product does NOT need to be washed at home. Pre-washed greens have been through a cleaning process immediately before going into the bag. Re-washing and handling the greens creates opportunities for contamination.

Always handle pre-washed greens with clean hands, and make sure cutting boards, utensils, and countertops are clean.