Myth: It’s OK to wash bagged greens if I want to. There's no harm.

Fact: Your intuition says giving bagged greens labeled “ready-to-eat,” “washed,” or “triple washed” an extra rinse couldn’t possibly hurt. However, rinsing of ready-to-eat greens will not enhance safety, but could increase the potential for cross-contamination. Pathogens that may be on your hands or on kitchen surfaces could find their way onto your greens in the process of handling them. Your ready-to-eat greens have been prepared with your safety and convenience in mind - enjoy!