

A close-up photograph of a hand holding a bunch of green leafy vegetables, likely lettuce, under a running faucet in a kitchen sink. The water is clear and splashing around the leaves. The background is softly blurred, showing a typical kitchen setting with a window and some kitchen items.

## Wash that lettuce

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, according to the Partnership for Food Safety Education.