

Tips for Safe Handling and Storage of Salad Greens

When shopping, pack fresh salad greens in plastic bags so they are kept separate from other groceries, especially raw meats and poultry.

- Refrigerate salad greens at 35 to 40 degrees F within two hours of purchasing. Store in a plastic bag or lettuce keeper.
- Always wash hands before preparing salads and make sure you are working with a clean cutting board.
- Wash lettuce just before using by running cold water over leaves. Leaves can be difficult to clean so be sure to separate the leaves when washing. After washing, blot dry with paper towels or use a salad spinner to remove excess moisture.
- Because lettuce and other salad greens are very perishable, they should be used within one week after purchase.
- Bagged salads can be convenient but added processing steps like cutting and mixing can increase the likelihood of contamination with bacteria.
- To reduce the risk of foodborne illness with bagged salads keep them refrigerated at 35 to 40 degrees F, observe “Use By” dates marked on the package, and rinse well before eating, removing any damaged or spoiled leaves.



Tips for Healthier Salads

- For added color and variety, try a different type of salad green to mix with your usual choice.
- Baby greens tend to be more tender, nutritious, and milder in flavor than mature greens.
- Use less dressing to enjoy the flavor of the salad greens.