

How to Wash Produce

- Rinse all produce under plain, running water.
- If the produce has rinds, grooves, or waxy skin or grew on the ground, it must be scrubbed with a brush under running water. This includes melons, cucumbers, winter squash, citrus, and potatoes.
- Bananas: rinse off
- Grapes: rinse in colander
- Leafy vegetables (lettuce, cabbage): remove and discard outer layer of leaves. Rinse remaining leaves. If using just the hearts, it is not necessary to discard outer leaves.
- Bagged greens/salads that are marked as “ready to eat” are approved as such by the FDA and do not need to be rewashed.
- Sprouts: **Do not serve.** There is too high of an incidence of Salmonella and E. coli for our fragile population.