

The Safest Ways to Eat Salad

Protect yourself against foodborne illness with these tips

- Keep packaged lettuce cold and eat it soon.
- Consider buying hydroponic or greenhouse-grown greens
- Soak your greens in vinegar
- Cook your greens until wilted
- Stay informed. The [Food and Drug Administration](#) and the [Department of Agriculture](#) [@FDAfood](#) and [@USDAFoodSafety](#).
On both agency websites, you can also sign up for email alerts.

For More Information See:

<https://www.consumerreports.org/food-safety/safest-ways-to-eat-salad/>