

NUTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION AND WELLNESS SYSTEM

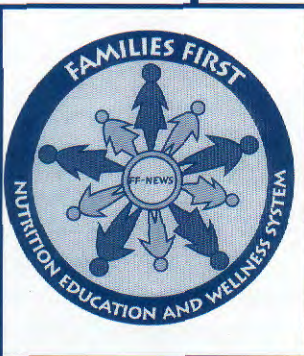
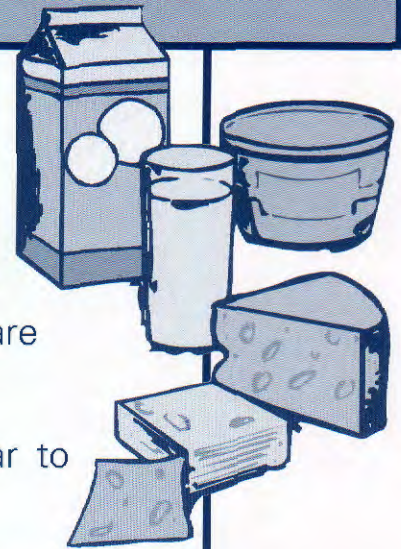
Nutrition Nibbles

A "Fresh" Start

Spring cleaning can often signal a fresh new start. When doing your spring cleaning this year, why not include your kitchen surfaces and your refrigerator. You can't see bacteria, but they are everywhere – and many can be very dangerous.

Some cleaning tips you should practice all year to make your kitchen bacteria free are:

- **Always clean surfaces thoroughly with hot soapy water.** After thoroughly washing surfaces with hot, soapy water, you can sanitize them with a diluted chlorine bleach solution or a disinfectant kitchen cleaner. Use just 1 teaspoon bleach to 1 quart of water.
- **Disinfect dishcloths often.** Launder dishcloths and towels frequently using the hot water cycle of the washing machine. Then dry them in the dryer. Dishcloths carry bacteria and when wet promote bacteria growth. Also, you can use paper towels to wipe down surfaces.
- **Rid your fridge of spills, bacteria, mold and mildew.** Your refrigerator needs to be cleaned weekly to kill germs that could contaminate foods. Rinse with a damp cloth; dry with a clean cloth. However, do not use chlorine bleach because it can damage seals, gaskets and linings.
- **Clean your kitchen sink drain and disposal** once or twice a week by pouring a solution of 1 teaspoon of chlorine bleach in 1 quart of water down the drain. Food particles get trapped in the drain and disposal, creating the perfect environment for bacterial growth.



—“Linking Citizens of Louisiana with Opportunities for Success”