

MYTHBUSTERS

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Myth:

I don't need to clean my refrigerator produce bin because I only put fruits and vegetables in there.

Fact: Naturally occurring bacteria in fresh fruits and vegetables can cause cross-contamination in your refrigerator.

A recent NSF International study found that the refrigerator produce compartment was the #1 “germiest” area in consumers’ kitchens! To prevent the buildup of bacteria that can cause food poisoning, it is essential to clean your produce bin and other bins in your refrigerator often with hot water and liquid soap, rinse thoroughly, and dry with a clean cloth towel or allow to air dry outside of the refrigerator.