

# MYTHBUSTERS

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## Myth:

Cross-contamination doesn't happen in the refrigerator – it's too cold in there for bacteria to survive!

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**Fact: Bacteria can survive and some can even grow in cool, moist environments like the refrigerator.**

In fact, *Listeria* bacteria can grow at temperatures below 40 °F! A recent study showed that the refrigerator produce compartment was one of the “germiest” places in the kitchen, containing *Salmonella* and *Listeria*.

To reduce the risk of cross-contamination in your refrigerator:

- Keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs
- Clean up food and beverage spills immediately, and
- Clean your refrigerator regularly with hot water and liquid soap. Don't forget to clean the refrigerator walls and the undersides of shelves!