

MYTH:

“Cross contamination doesn’t happen in the refrigerator -- it is too cold in there for germs to survive!””

FACT:

Some bacteria can survive and even grow in cool, moist environments like the refrigerator.

In fact, Listeria Monocytogenes grows at temperatures as low as 35.6°F! A recent study from NSF International revealed that the refrigerator produce compartment was one of the “germiest” places in the kitchen, containing Salmonella and Listeria.

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