

## FOOD SAFETY... In the Fridge

Refrigerators are among the biggest culprits when it comes to being harbingers of grossness and germs. Across the country, companies are adopting a clean refrigerator policy for their break rooms. Here are some of their recommendations:

1. When in doubt, toss it out. Bacteria that cause food-borne illness thrive in refrigerators. Unsafe food can contaminate other foods especially when they are squeezed together in a refrigerator.
2. Label food put in common area refrigerators. Employees should put their name and date on food. Perishable foods meant to be shared should be labeled "for staff." Unlabeled or past dated food should be tossed out.
3. If you spill something in the refrigerator, clean it up immediately. A designated individual should routinely empty and thoroughly clean the office refrigerator on a weekly basis.
4. Toss food only into trashcans that are emptied daily. Letting food and containers sit in trashcans for days may cause problems with pests, bacteria and odor.



## Quick Clean-ups...Go a LONG Way

Ever wish you had a personal wizard who could make your house appear spotless by employing some hocus pocus and the lightning fast flash of a magic wand? Wizards are a little hard to come by these days. Quick clean-ups, on the other hand, can go a long way toward giving the impression that your home or office has just been cleaned from top-to-bottom and inside-out. The best news is that these techniques won't require you to **a)** spend a lot of money hiring a housekeeper or **b)** ruin your manicure scouring window screens or washing woodwork.

When you want your home or office to look good in a hurry, here are a few secret shortcuts you can use to unlock the magic of the quick clean up.

**Eliminate Clutter** – stash your mail, magazines, lotions and potions in drawers or cabinets. Designate certain drawers in your bathroom for medications and make-up; likewise assign particular drawers or cupboards for things that regularly accumulate in the kitchen. Toys, books, clothes can all be hidden in bedroom closets or chests. Do put them in logical places so you can find them later when you need them. In other words, don't stick your kid's sneakers in the microwave just because you found them in the kitchen. Dishes are different. Get them out of the sink. Stash them somewhere like the microwave or better yet in the dishwasher. You can rinse them off later when you have time.

**Wipe and Go** – Spray counter tops, sinks and appliances and give them a quick wipe. For furniture, spray cleaner on a Swiffer™ (microfiber cleaner)



**refresh**  
use an aromatic air freshener

**wipe and go**  
spray counter tops, sinks and appliances and give them a quick wipe

**eliminate clutter**  
assign particular drawers or cupboards for things that regularly accumulate in the kitchen

**sweep & swing**  
sweep up any major dirt or dust bunnies on your hard surface floors

and dust on the run, room to room. Look for any glaring flaws like finger prints on mirrors or door jams. Spray, swipe and go. Did you know you could use a pair of old pantyhose, bunched into a ball, to remove annoying cat or dog hair from upholstery? Try it.

**Sweep and Swing** – This part is actually kind of fun. Sweep up any major dirt or dust bunnies on your hard surface floors. Spray a bit of cleaner onto microfiber or paper towels. Put them on the floor, one under each foot (preferably when your feet are bare), and start dancing. That’s right. Dance around the kitchen, bathroom or wherever and clean up those dirty spots on the floor. Your floors will sparkle. For carpeted areas, vacuum only where traffic tracks are visible.

**Refresh** – Get out the aromatic air fresheners. New scented oils like Eucalyptus and Mint now available in candle or burner forms are a terrific way to enhance any environment and make it seem freshly cleaned. Your place will look great and smell great, too.

Information courtesy of Food Reflections Newsletter, University of Nebraska Cooperative Extension ([Lancaster.unl.edu/food/foodtalk.htm](http://Lancaster.unl.edu/food/foodtalk.htm))

p.323



A

p.323



B

p.323



C

p.323



D

p.323



E

p.323



F

## CHARGE IT

ITEM #	DESCRIPTION	PRICE
A. EVE-E91BP8	Battery,Energizer Max, AA, 8-Pk	\$7.49 pk
B. EVE-E91SF24	Battery, Energizer Max, AA, 24-Pk	\$18.98 pk
C. EVE-E92BP8	Battery,Energizer Max, AAA, 8-Pk	\$7.49 pk
D. EVE-E93BP4	Battery, Energizer Max, C, 4-Pk	\$7.49 pk
E. EVE-E95BP4	Battery, Energizer Max, D, 4-Pk	\$7.49 pk
F. EVE-522FP4	Battery, Energizer Max, 9-Volt, 4-Pk	\$13.99 pk

Place your order today!