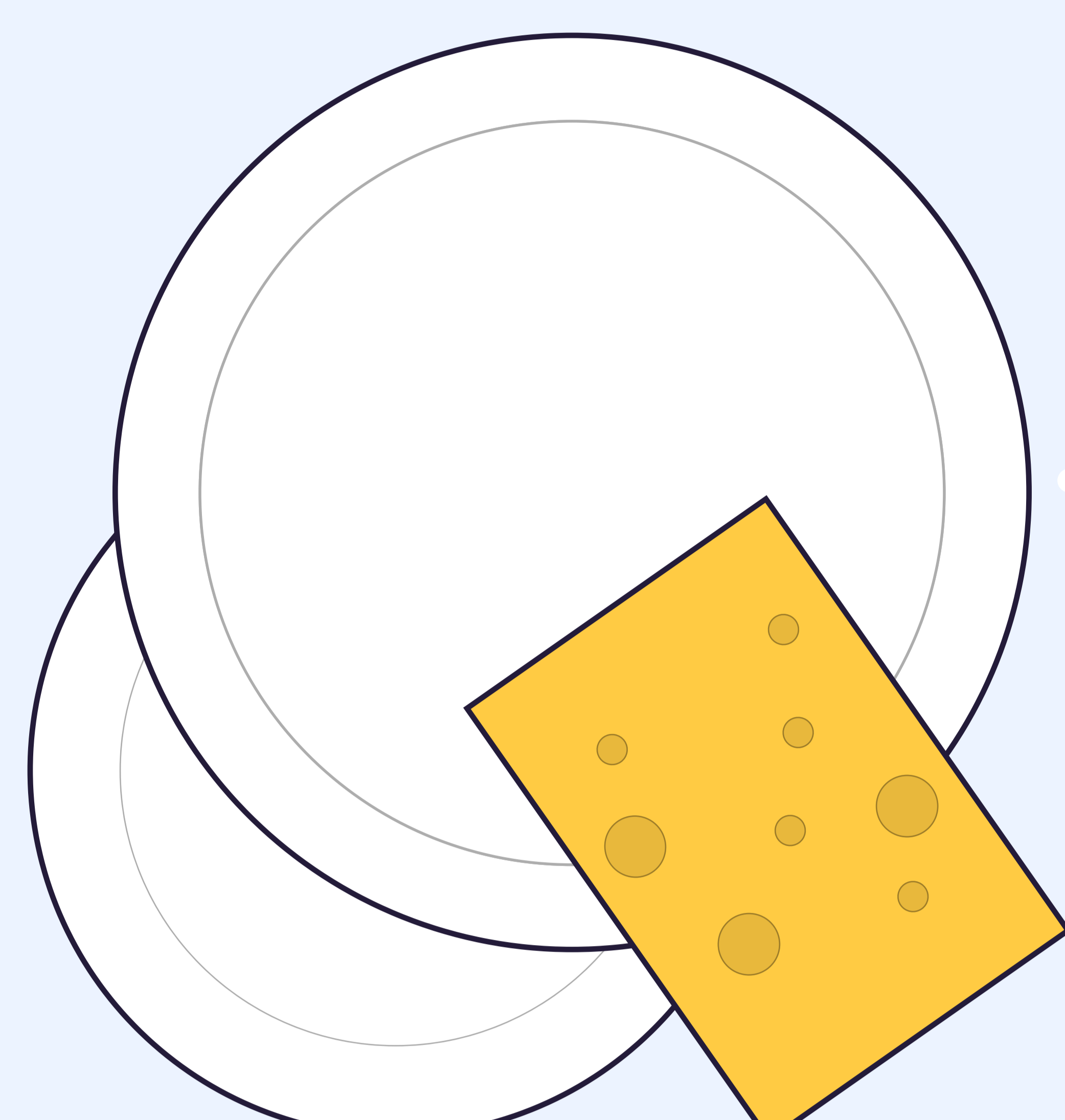


# 6 TIPS TO AVOID A KITCHEN SPONGE FULL OF GERMS!

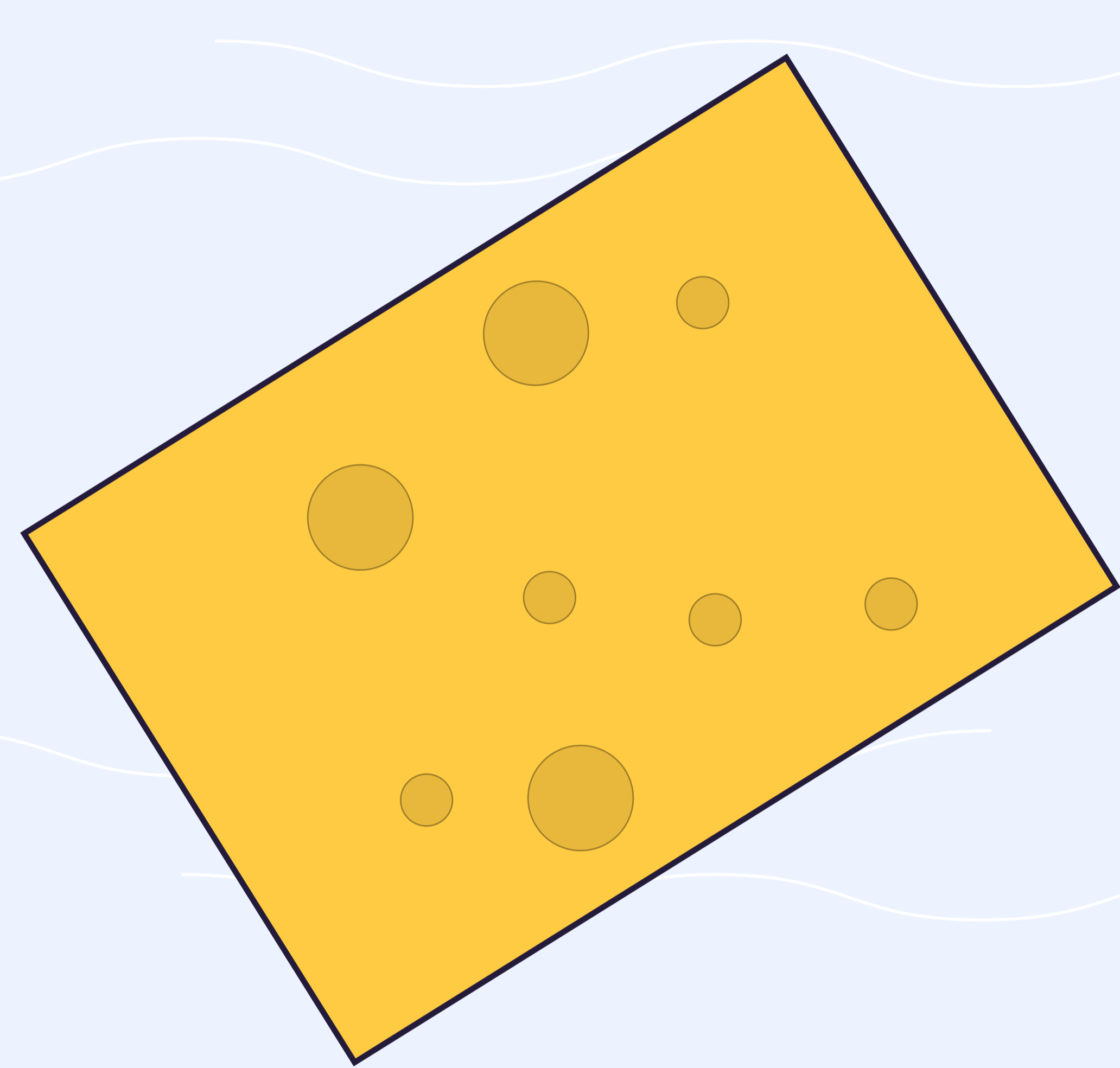
## Use dish sponges just for the dishes

Germs in kitchen sponges come from the surfaces you are cleaning. Don't spread the countertop bacteria on your dishes!



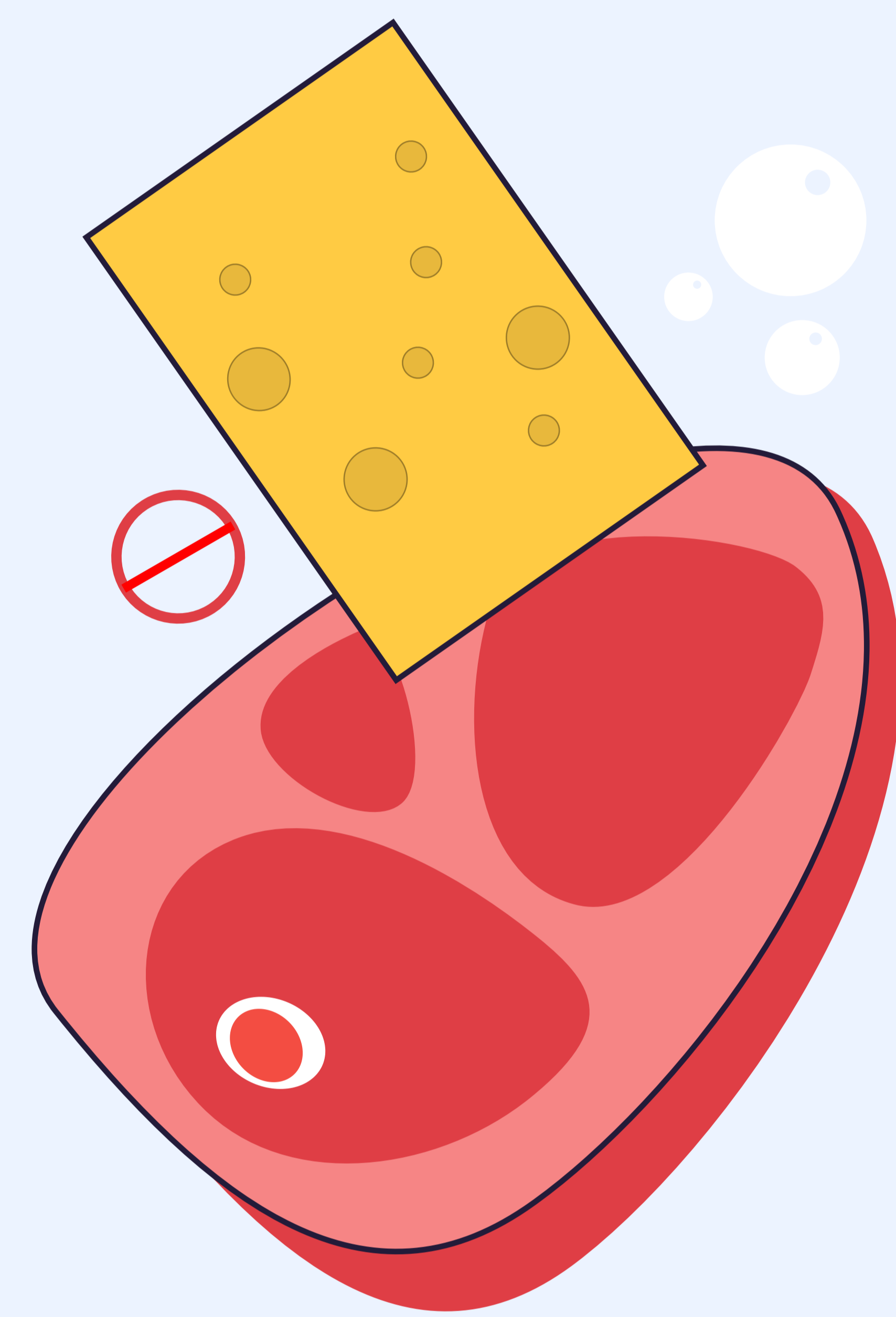
## Let the sponge air dry after using it

Bacteria thrive in humid places. After using your kitchen sponge, wring it well and leave it to air dry completely!



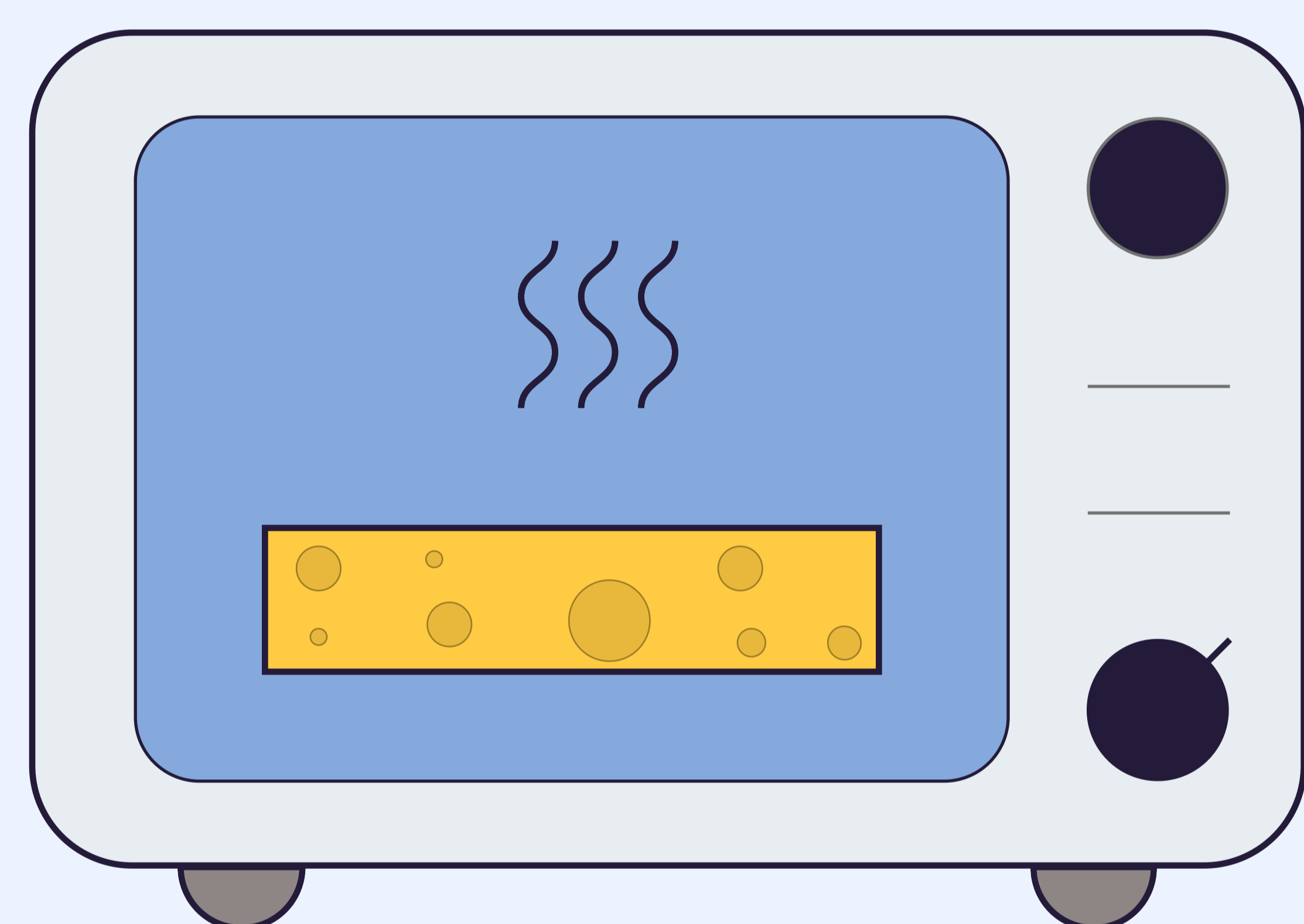
## Keep the sponge away from raw meat

Some of the worst bacteria in a kitchen come from raw meat. Disinfect germ-y utensils and surfaces before scrubbing them with your sponge!



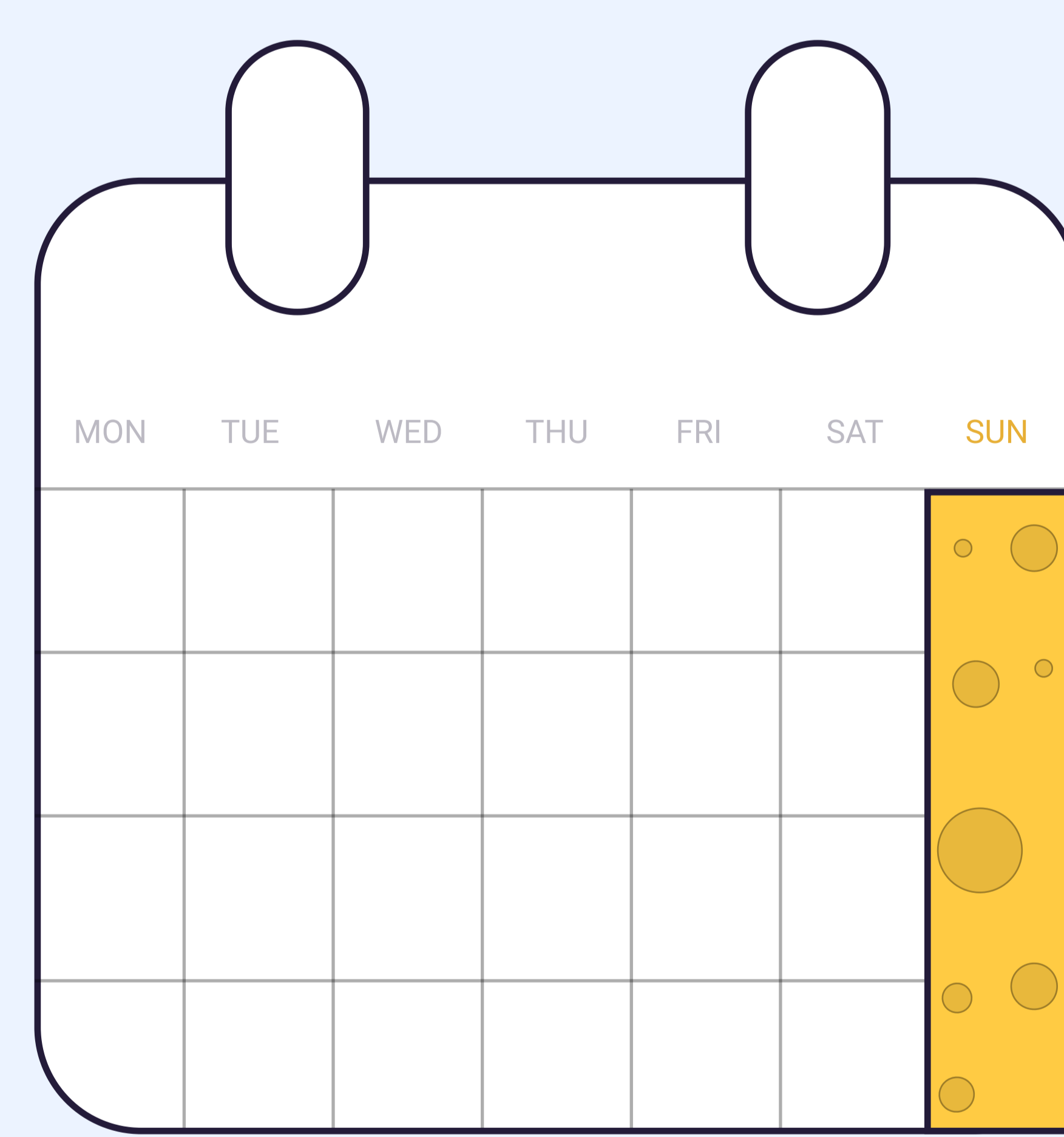
## Sanitize your dish sponge every other day

You can use the microwave or the dishwasher to sanitize your sponge at least every other day. It will slow down the bacteria growth!



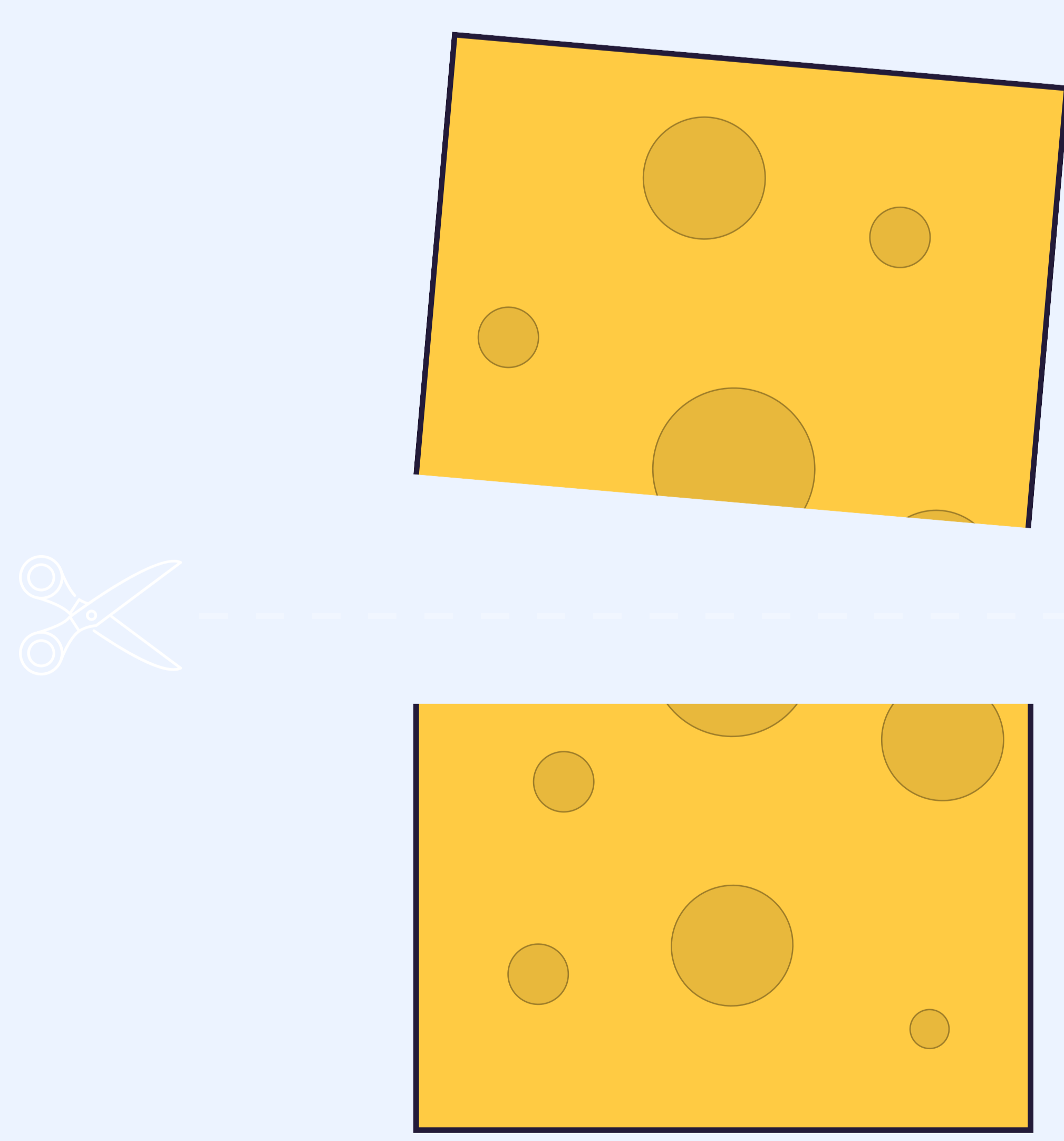
## Replace the sponge every week

Sooner or later, germs will take over your kitchen sponge. Replace it every week before it's full of bacteria!



## Cut your dish sponge in half!

You can do almost every chore the same way with half a kitchen sponge. Use only half of your sponge, and it will instantly last double!



Source:

How to clean a sponge and how often you should replace it  
[www.today.com](http://www.today.com)

How to Keep Your Kitchen Sponges Germ-Free, According to Our Test Kitchen  
[www.eatingwell.com](http://www.eatingwell.com)