

100 words, 30 seconds

WASH YOUR GROCERY TOTES TO CUT HEALTH RISKS

ECO-FRIENDLY TOTE BAGS ARE GOOD FOR THE ENVIRONMENT—BUT IF YOU DON'T WASH THEM, THEY CAN ALSO BE A GOOD PLACE TO GROW HARMFUL BACTERIA. ACCORDING TO THE HOME FOOD SAFETY PROGRAM, CREATED BY THE ACADEMY OF NUTRITION AND DIETETICS AND CON-AGRA FOODS, TOTES SHOULD BE WASHED ON A REGULAR BASIS. USING UNWASHED GROCERY TOTES CAN CAUSE CROSS-CONTAMINATION WHEN JUICES FROM RAW MEATS OR GERMS FROM UNCLEAN OBJECTS COME IN CONTACT WITH COOKED OR READY-TO-EAT FOODS LIKE BREADS OR PRODUCE. FOR MORE SAFETY TIPS, VISIT HOME-FOOD-SAFETY--DOT--ORG OR EAT-RIGHT--DOT--ORG.