

# Busting Myths About Keeping Your Food Safe this Holiday Season

## MYTH

You don't have to clean your refrigerator's fruit and vegetable drawers.

You don't need to rinse melons or fruit which you plan to peel since the part you eat is on the inside.

Leftovers are safe to eat until they smell bad.

Rinsing chicken with water will remove bacteria like Salmonella.

It's ok to "lick the spoon" after making cookie dough.

## FACT

Fruits and vegetables have naturally occurring bacteria that can cause cross-contamination in your refrigerator. In fact, a recent study found that the refrigerator produce compartment was one of the germiest areas in the refrigerator.

Germs can travel from the outside of food to the edible part through the knife/peeler used to cut it or how it's presented, like stacked up watermelon wedges.

You can't taste, smell, or see the types of bacteria that can make you sick. Freeze or toss refrigerated leftovers within 3 - 4 days even if they smell and look fine.

Rinsing chicken will not remove bacteria, in fact, it can spread raw juices around your sink, onto your counter tops, and onto other foods.

Just a lick can make you sick! Raw cookie dough or cake batter could contain germs that cause illness.



For more information on preparing food safely, visit [bit.ly/DCFoodSafety](https://bit.ly/DCFoodSafety)

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