

4 ways to kill up to 99.9% of the top 3 bacteria strains found on scrub and cellulose sponges

You want to get the most use out of your kitchen sponges. But you don't want to be potentially smearing bacteria all over the place by using a sponge that's been around the pot more than a couple times.

1

1. Mix $\frac{3}{4}$ cups of bleach in 4 litres of water
2. Soak the sponge in the mixture for 5 minutes
3. Rinse and use!



2

1. Saturate the sponge in water
2. Pop the sponge in the microwave
3. Heat on high for 1 minute (scrub) or 2 minutes (cellulose)

3

1. Throw your sponge in the dishwasher with a regular load
2. Use the "heated dry" setting



4

1. Soak your sponge in full strength white vinegar for 5 minute
2. Rinse and use!

Remember to clean your sponge weekly, and toss 'em out for a new one every 2-3 weeks.