

Kitchen Sponge Care At A Glance

A simple routine to keep your sponge doing its job, not spreading germs around

After every use

1 Rinse thoroughly

A quick rinse under running water clears loose food particles before they have a chance to sit.

2 Wring it out well

Squeeze as much water out as you can, rather than leaving it fully saturated between uses.

3 Stand it up to dry

A small caddy or rack away from standing water gives it the best chance to actually dry out.

Through the week

1 Pick one sanitizing method

Microwaving fully wet, boiling, a heated dishwasher cycle, or a diluted sanitizing soak all work as options, depending on the sponge material.

2 Keep a rotation of two

Swapping sponges every couple of days gives each one real time to dry out between uses.

3 Keep raw prep separate

Consider a dedicated sponge or cloth for anything that touches raw meat, poultry, or seafood.

Signs it is time for a new one

1 A smell that returns quickly

If the odour is back within a day of cleaning it, that is a condition signal worth listening to.

2 A texture that is falling apart

Stringy, crumbling, or flattened material has passed the point where cleaning it helps much.

3 Staining that will not lift

Discoloration tucked into the crevices, even after a good clean, is a sign to start fresh.

Build the small routine, then let the sponge's condition make the call.

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