

Keeping Your Cool Cleaning The Fridge

(NAPSA)—Have your strawberries gone south? Is there a suspicious odor creeping from your kitchen? If so, it's time to scrub the shelves, deodorize the drawers, pitch rotten produce and reevaluate your refrigerator.

It will take some motivation to conquer this chore. According to a recent survey conducted by Whirlpool Home Appliances and the makers of GLAD Food Storage products, thirty-four percent of Americans would rather do laundry, clean the bathroom, take out the garbage or do yard work than purge their fridge. Despite the dread, many Americans make a practice of cleaning their fridge somewhat regularly with one in four Americans doing it at least once a year. There are, however, some refrigerator doors that should never be opened, namely those belonging to the five percent of people who have never cleaned their fridges.

"In so many households, the kitchen is the heart of activity. Cleaning out your refrigerator is a great way to not only make your kitchen a more pleasant place to cook and live in, but it can also be a way to save time, money, and get to know your family better,"



New refrigerators, like this Whirlpool Gold, can make organizing your fridge a pleasure.

said Tara Aronson, cleaning expert and author of *Simplify Your Household*.

To simplify the task, Aronson developed C.R.I.S.P., a five-step approach for people to follow as they grab the door by the handle and conquer their crisper.

"By following the C.R.I.S.P. approach, cleaning out the fridge is a little simpler and will be a less gruesome task in the future," said Aronson.

A C.R.I.S.P. Approach

- **Confront.** Block out time to free yourself of refrigerator chaos. Approach this project as a way to reinvent your fridge.
- **Remove.** Take down the magnets, vacuum dust from the back coils and remove shelves and drawers for washing.
- **Inspect.** Look at the expiration dates and types of food you're tossing out to determine consumption patterns of your family. Three half-empty jars of mustard? Maybe it's not everyone's favorite condiment.
- **Store.** Throwing out lots of stinky produce? Keep your produce in peak condition by repackaging it in GLAD® Zipper Storage Bags with new FreshProtect™ II Plastic. FreshProtect™ II Plastic is specially designed to help keep high-respiring products like broccoli and cauliflower fresher longer and is great for other food storage needs. For more produce storage tips, visit www.glad.com.
- **Position.** Make use of its specialized compartments and avoid shelf overcrowding. Use space-saving products to make more room.

