

THE BEST WAYS TO CLEAN YOUR REUSABLE GROCERY BAGS

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Deciding to use reusable bags instead of plastic grocery bags is a big plus for the environment.

However, if you forget to clean them, they could become a major negative for your health. Stop and think: When was the last time you cleaned your reusable bags? They're pretty easy to clean, so there's no excuse. Here's how:

1. Canvas bags

These are, by far, the easiest to clean. Just toss them in the washing machine and launder in hot water with detergent. Then, run them through the dryer.

2. Recycled plastic bags

You should wash anything made from recycled plastic containers (a.k.a. polypropylene bags) by hand in warm soapy water and line dry it. Don't forget about the inner and outer seams, where crud can hide and collect.

3. Insulated shopping bags

Since you're probably transporting raw meat in these bags, wipe them with a disinfecting wipe after each use.

4. Nylon bags

Flip them inside out and wash them by hand in warm soapy water. If you prefer to machine wash them, use the gentlest cycle to prevent the bag from coming apart. Then, allow them to air dry.

5. *Stinky bags?* Prevent musty odors from developing by making sure bags are completely dry before using them. Also, you should never store reusable bags, especially unclean ones, in the back of your car or the trunk between uses. Excessive heat can cause bacteria to grow even faster.



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