

**The Best and Cheapest Home Disinfectant**  
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Research by food scientist, Dr. Susan Sumner, of Virginia Polytechnic Institute and State University, showed that a **simple use of inexpensive, common household products is more effective than commercial cleaners in killing bacteria**. Tests showed that this method is better than chlorine bleach or any commercial kitchen cleaner (costing much more).

Here's how to make your own:

1. Get two new spray bottles (like you would use to spray laundry or mist plants).
2. In one bottle, put plain white or apple cider vinegar.
3. In the second bottle, put 3% hydrogen peroxide (the same kind you get from the drug or grocery store).
4. Spray your fruits and vegetables before using them (whether or not you peel them afterwards) with the vinegar, and then spray them with the hydrogen peroxide. (You can also spray with the hydrogen peroxide first, then spray with the vinegar, it doesn't matter.) Then, rinse the sprayed food under running water.
5. Use these two sprays (one after the other) to disinfect everything in your kitchen (cutting boards, refrigerator handles, countertops, sinks, etc.), in your bathroom, and anywhere you want to disinfect.

**To learn more about how to protect yourself from food-borne bacteria, [go here](#).**