

A basic guide to cleaning your fridge

Refrigerators are one of those parts of our house that makes us feel safe in the knowledge of its cleanliness when the outside is spotless and shiny. However, the insides of fridges often are a completely different story and it is important to clean them regularly in order to keep food-borne diseases away as well as prevent diseases like food poisoning, etc.

The first step in cleaning your fridge is to take all the food and produce out. Take inventory of what you can keep, what you want to throw and what's past the expiry date. This is when you might find some icky smelling tomatoes that you bulk bought or leftover Thai from last week to throw out so you can start with a clean slate to start properly cleaning.

Now, take the panels out and drawers and shelves out as carefully as you can — replacing them is more often than not awfully expensive and an unnecessary inconvenience. Wipe the panels down with a clean cloth and get rid of any straw crumbs, spills, etc.

Sprinkle baking soda on all the panels and drawers and shelves. Seal them with a



generous spraying of all-purpose cleaner (you can just as easily substitute all-purpose cleaner with a 1:1 mixture of water and dish cleaner). Let the baking soda and cleaner

sit on the panels for a while to help soften up the stains, disinfect as well as ease the cleaning process.

While the panels are resting, it's time to

tackle the rest of the fridge. Wipe down the insides with a clean rag and follow up with a cleaner or soap. It's time to really work those arm muscles and scrub away; get into the tiny corners, the edges, the rubber, egg drawer, air vent, water vent. No inch should be left unclean! Often times, it helps to have a list of all the nooks and crannies listed so there is no opportunity to forget anything.

This is now time when we go back to the panels. As they rested, the baking soda and cleaner combo loosed the gunk, sticky juice, and other miscellaneous ick and you're only job now is to scrub away at it like your life depends on it. The baking soda also helps in disinfecting the panels, however, for extra protection, you may also want to wipe it down again with an actual disinfectant.

After the panels have dried completely, carefully put them back inside the fridge in their designated areas. Now, organise the food and produce in a matter that befits you, wipe the outside of the fridge lastly and voila! Your fridge is perfectly clean!

By Dilshana Naureen

Photo: LS Archive/Orchid Chakma

#PERSPECTIVE

Tufan and his art



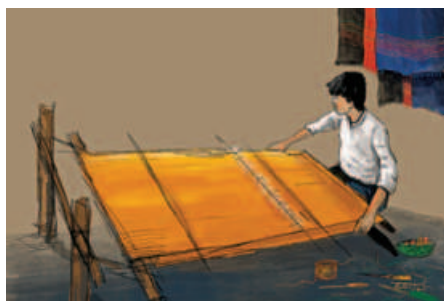
Art is the original language, and is perhaps one of the more visceral ways of expressing emotions and ideas, after all, ancient mankind chose to paint and draw on caves much before they developed language or scripts.

It is the same instinct for expression and connection that drives the young artist Tufan Chakma, the person behind Tufan's Artbin.

"People use various means to express their emotions, some sing, some organise protests, and such. I felt as I could not sing, or I am not by nature an orator or a singer, but art and drawing have always attracted me. Although without formal training, I was always attached to art since childhood," he said.

Tufan is currently a student of Art and Drawing at Jahangirnagar University. An inhabitant of Dighinala, Khagrachari, he says he comes from a very simple family, with parents and just two brothers, and no traditional connection to art per se. His work so far features intimate aspects of life, culture and heritage of the peoples living in the Chittagong Hill Tracts.

In an older world, it would have taken herculean effort and time and a whole lot of good luck to take his art and stories to a larger audience. However, thanks to the permeability of social media, particularly Facebook in Bangladesh, and its vast access to people of all ages, Tufan thought to use the space to portray his work, and has reached so many people within such a short span of time. Initially through his personal



account, but upon encouragement from his well-wishers, he opened a separate page for his art, calling in Tufan's Artbin—"artbin" being a combination of art and bin, as a place to simply put his art in.

"A lot of people are still unaware of who we are. In some places where I visited, people stared at me with curiosity or outright asked if I were a foreigner. My purpose is to bring information about the

people of the hill tracts to more people. I want to tell people about the lifestyles of the people in the hills and the relationship of the culture of the hill people with nature, and harmonious coexistence.

"The taunts or stares hurt me before, as I would think why were they looking at me that way, but now as I have grown up too, I feel a different kind of sad. I feel sad for those people rather than myself, because I know their behaviour is from not-knowing, rather than anything else." I have a lot of ideas in my head, and will continue to pursue this, especially in the digital art space," Tufan said.

Here is to wishing all the luck and success to the artist and conservationist Tufan. Head to his page <https://www.facebook.com/tufansArtbin> to meet the artist and check out his amazing artwork.

By Sania Aiman

Photo: Tufan's Artbin

