

## Fruit Flies & Pantry Moths

### Why we care

Fruit flies seemingly come out of nowhere, and, since they can lay up to 500 eggs at a time, can be difficult to get rid of. You may not know you have a problem with pantry moths until you catch a small, half-inch moth flying around your house. Fortunately, there are steps you can take to eliminate these pests without the use of toxic sprays.

### Simple, positive steps

#### *Fruit Flies*

- Store fresh fruit in the refrigerator. Clean up spills immediately. Keep food scraps for composting in the fridge or outside, and rinse beverage bottles/cans.
- A small container of apple cider vinegar with a few drops of liquid soap to break the surface tension will attract and drown fruit flies.
- To trap flies, form a cone-shaped funnel with an 8-by-10-inch piece of paper, seal it with tape, and stick it into a clean jar or wine bottle with fruit in the bottom.

#### *Pantry Moths*

- Check the dry food in your pantry, especially dried fruit and grain products such as flour, cereal, and rice. Look for clumps or webs of stringy material or cream-colored larvae.
- Put infested food in a freezer for four days, or place it in the microwave on high for five minutes.
- Thoroughly vacuum, wash, and dry cupboards and drawers where lint can accumulate and provide food for moths.
- Buy small quantities of grain products, and store in airtight, rigid containers. Store seldom-used grain products in the fridge or freezer.

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