



# The Everclean Report

## Fruit Fly Facts

- Eating fruit fly larvae can cause intestinal discomfort and diarrhea.
- Fruit flies can be common pests in the warmer months.
- They are found in homes, restaurants, and supermarkets.
- Fruit flies breed on rotten fermenting plant matter.
- It takes 8 days for fruit fly eggs to become adults.
- Fruit flies can live up to 10 days.
- Females lay up to 100 eggs/day; perhaps 2000/lifetime.
- Fruit flies like other pests can transmit disease causing bacteria which when deposited on food can make people sick.
- Fruit flies are most content at temperatures between 68F-77F.

### Special Interest Articles:

Fruit Fly Facts

Preventing a Fruit Fly Infestation.

Getting Rid of Fruit Flies

## Preventing a Fruit Fly Infestation

In 2009 Everclean observed almost 25% more fruit fly infestations in Quarter 2 vs. Quarter 1. Prevention is always better than treatment. Following these steps will ensure that your restaurant or supermarket stays fruit fly free.

1. Sanitation is the 1<sup>st</sup> line of defense. Fruit fly larvae cannot survive without decaying organic matter that is moist.
2. Remove trash on a frequent basis. Clean trash cans and lids as these items may have bits of food debris on them. Ensure your trash cans/dumpsters have tight fitting lids.
3. Clean and sanitize floor drains and floor drain grates/covers nightly. If large amounts of food are building up in the floor drain grates remove as needed.
4. Keep floors as clean and dry as possible. Do not let water build up in any cracks or crevices as these are perfect breeding sites for fruit flies.
5. Keep all food covered. Since fruit flies breed on the outside of plant matter it is important that food is kept covered so that they cannot find breeding sites.

Keeping a watchful eye to detect a beginning infestation is best. Have kitchen staff report any fruit fly sightings. Additionally look in open alcohol bottles and inspect any produce that is kept at room temperature for fruit flies.

## Getting rid of fruit flies

It is important to find and eliminate fruit fly breeding sites. A great method to determine which floor drain fruit flies are coming from is to tape a clear plastic bag over the floor and sink drains at night. If there are fruit flies in the bag in the morning you have located a fruit fly breeding site. Clean and sanitize these areas to eliminate fruit fly breeding.

- Call pest service and alert them of the problem. If placing fly strips, fly traps, or fly lights it is important that they are not placed in an area that may contaminate the food. Keep them away from food contact surfaces also. It is important that dead or captured flies are not able to contaminate items by accidentally falling into open containers of food.
- Keep an eye on your produce. When ordering produce that is stored at room temperature, only order what you need. Do not over order these items or let overly ripe produce sit in storage.

Have the kitchen staff clean as they go. Do not allow food build up on the line or in prep areas. These potential breeding sites should be cleaned every time they are used.

Any comments or questions should be directed to [info@evercleanservices.com](mailto:info@evercleanservices.com).

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