

Cockroaches and Sanitation

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Cockroaches can survive on very small amounts of food and water. Proper sanitation

minimizes the total number of cockroaches that can survive in a given area. Food resources limited by sanitation efforts can

cause cockroaches to cannibalize their young. Simply stated, proper sanitation reduces the carrying capacity of the area.

Some tips for suitable sanitation efforts include:

- Removal of excess pet or animal food
- Removal of spilled food debris
- Ensuring a proper seal on closed refrigerator doors
- Keeping a tight lid on trash cans
- Use of plastic trash can liners to avoid spilled food residues
- Not leaving dirty dishes to sit in sinks and on countertops overnight
- Repair of leaking pipes to prevent water and moisture sources
- Keeping food containers well sealed
- Avoiding creating clutter and debris where roaches might harbor
- Avoiding the use of paper bags and cardboard boxes **PMP**

Paul J. Bello and Dr. Austin Frishman jointly authored *The Cockroach Combat Manual Manual II*. Contact Dr. Frishman at 561-487-1585. Contact Bello at paulbello@att.net.



Uncovered trash and recycling bins are like an invitation to cockroaches.