

# Cleaning & Sanitizing the Kitchen

Using inexpensive household food-safe products

## TAKE A LOOK INSIDE

**P2** Common Household Products that are Effective Sanitizers on Hard Surfaces.

**P3** Steps for Using Vinegar OR Hydrogen Peroxide to Sanitize.

**P4** What About "Green" Sanitizers?

**Consumers can protect themselves by preventing the spread of germs by both cleaning and sanitizing surfaces where food is prepared.**

**Cleaning definition:** removing dirt from food preparation surfaces in the kitchen. Surfaces can be counters, cutting boards, dishes, knives, utensils, pots and pans.

**Cleaning steps:**

1. Wash surface with soap and warm water.
2. Rinse with clean water.
3. Air dry OR dry with a clean paper towel.

**Sanitizing definition:** the reduction of germs to a safe level so illness is unlikely to occur. The most commonly known germs causing illness are *Salmonella*, *Campylobacter*, and *Norovirus*. Toxin-producing *E. coli* and *Listeria monocytogenes* are less common in the kitchen, but cause very serious, if not deadly, illnesses.

**Sanitizing steps: (See the table on page two)**

1. Spray surface with sanitizer of choice.
2. Leave sanitizer on the surface for the suggested amount of time.
3. Allow to air dry OR dry with a clean paper towel.

**Effective cleaning involves both cleaning and sanitizing surfaces BEFORE and AFTER use.**



## Basic Knife Skills

