

Cutting Boards

Choose a plastic cutting board over a wooden one—it is less porous and easier to clean. Scrub your cutting board with hot water and soap after each use. For complete sanitation, put in the dishwasher or use the sanitizing solution.

Bacteria can collect in your sink and drain. Sanitize them by pouring a full quart of sanitizing solution into the sink and down the drain.

Dishcloths

Wash dishcloths and kitchen towels often on the “hot” cycle of your washing machine. A contaminated dishcloth can contain millions of bacteria after a few hours. Try using paper towels to clean up and then throw away immediately.

Air dry dishes and utensils.

Air dry dishes and utensils to eliminate re-contamination from hands or towels. Be sure clean dishes are fully dry before putting them away. Moisture trapped in a stack of dishes or pots can make a good environment for bacteria to grow.



Keep Food Safe: Keep Your Kitchen Clean

Keep everything that touches food clean—hands, utensils, bowls and countertops.

Wash your hands thoroughly.

Use warm, soapy water on the fronts and backs of your hands—up to your wrists. Wash for at least 20 seconds—sing the Alphabet Song! Don't forget to wash in between your fingers and under your nails. Rinse well and dry hands on a paper towel.



Clean kitchen counters and other surfaces that come in contact with food.

Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you go on to the next food. Many kitchen cleaners boast “anti-bacterial” protection, but a solution of bleach and water makes a fine, inexpensive sanitizer. Put this solution in a spray bottle for easy use on kitchen counters and appliances.

Sanitizing Solution

1 teaspoon household bleach + 1 quart water