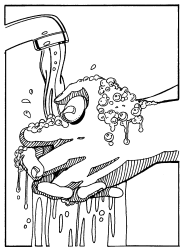
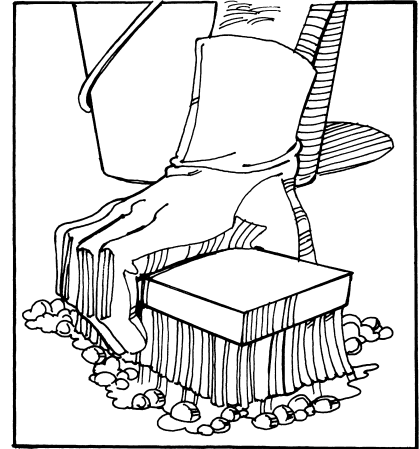


# Kitchen Sanitation

Sanitation in the kitchen is vitally important. Dirty equipment and a sloppy environment can spread germs to otherwise healthy food, employees and customers. Unclean conditions or a foodborne illness outbreak can cost your workplace money in higher insurance rates, legal fees, fines and bad publicity that keeps customers from returning. Higher costs and a decrease in business can mean less money for employee wages and benefits.

## Keeping Equipment, Surfaces and Tools Clean

- ◆ Wash and rinse machinery, utensils, equipment, walls, floors and food preparation and storage areas with hot soapy water every day and after each contact with food. Then sanitize, using a solution of 1 tablespoon non-scented chlorine bleach per gallon of tap water. Keep a spray bottle of this solution handy in several parts of the food preparation area.
- ◆ Wash, rinse and sanitize food preparation surfaces before and after use and between preparation of different foods. Pay special attention to anything that has been used to prepare or hold raw food.
- ◆ When cleaning, pay special attention to door handles, appliance knobs, faucets and drains. The quickest way to transmit bacteria is with your hands.
- ◆ Use disposable towels. Bacteria can survive on a cloth towel for days—even weeks—and then be spread around whenever you “clean.” Bacteria multiply where there’s moisture, a surface that’s easy to cling to and a steady supply of nutrients—which food scraps provide.
- ◆ Discard cutting boards that are worn, cracked or heavily grooved.



## Maintain Clean Work Habits and Personal Hygiene

- ◆ Wash your hands thoroughly with warm soapy water before and after handling raw food.
- ◆ Many businesses require food service gloves to be worn or hand sanitizer to be used whenever you handle prepared food. Wash hands after removing gloves.
- ◆ If you’re sick with any type of illness, even a cold or diarrhea, don’t handle food and tell your supervisor.
- ◆ If you have touched trash or anything else, wash your hands before touching food or utensils or packaging that will touch food.

## Dispose of Waste

- ◆ Never leave out leftover food. Bacteria that can cause illness can multiply to dangerous levels at room temperature. Food left out can also attract insects and rodents.
- ◆ Take trash out to its designated area as soon as possible. Close trash bags tightly so they won’t attract pests.

## Control Pests

Pests such as ants, roaches and mice spread germs and bacteria. Insect repellents can keep bugs away, but they also can leave behind chemicals. Here are some simple ways to keep pests from taking over.

- ◆ Close the door. You may have an extremely clean work area, but if the door is propped open, bugs and rodents can come inside.
- ◆ Clean and put away all dirty food containers and dishes as soon as possible.
- ◆ Since insects follow pipes, inspect these areas frequently and seal open areas with caulk; repair any leaks.
- ◆ Keep floors clean. Sweep up crumbs and bits of food immediately.
- ◆ Clean with bleach to prevent maggots in areas such as the cooler and dish tank.
- ◆ Some insects such as roaches and ants are attracted to anything sweet. Be sure sweet-smelling foods are tightly sealed.
- ◆ Use a licensed pest control operator.

