



TIPS FOR A CLEAN KITCHEN

You cannot see bacteria and germs. Therefore, everything in the kitchen needs to be kept clean. Below you will find some helpful tips on how to have a clean kitchen.

- It is important to clean and sanitize any surface that comes into contact with food.
 - When you clean a surface you are removing any signs of food and dirt. Cleaning only helps to remove some of the bacteria and germs. You can use warm water and dish detergent for general cleaning. For stubborn stains use a scrubbing compound. Be sure to rinse the surfaces after cleaning.
 - The rest of the bacteria and germs will be killed when you sanitize the surfaces. You can buy a kitchen sanitizer or make your own by mixing 1 teaspoon of household bleach with 1 quart of water.



Sponges And Dishcloths Are Some Of The Dirtiest Things In The Kitchen!!



- Bacteria and germs can be spread easily when using a dirty sponge or dishcloth. Both should be cleaned after each use or thrown away.
- To clean your sponge or dishcloth, wash in soapy water, rinse in clear water, then soak in the sanitizing solution (1 tsp of bleach mixed with 1 quart of water) for 1 minute. Remove from the solution and allow to air dry. You can also use your dishwasher to clean the sponge, and your washing machine to clean the dish cloth.

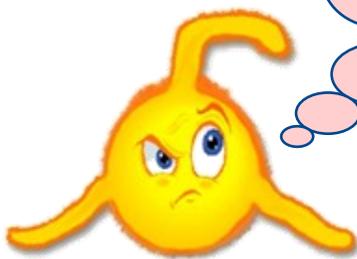
- When cleaning your kitchen, don't forget to clean the following areas.
 - Kitchen handles
 - Including faucets, refrigerators, freezers, ovens, and cupboards.
 - Kitchen sinks and drains
 - Be sure to clean and sanitize before and after any foods are placed in them. A toothbrush works well for cleaning the drain. Just don't use it for brushing your teeth later.
 - Kitchen countertops
 - At least once a week, remove everything from the countertop. Clean and sanitize the empty countertop. Do not forget to clean all of the items that you took off the countertop before you put them back.
 - Refrigerators
 - Once a week, take everything out of the refrigerator so it can be thoroughly cleaned.
 - Store the food in a cooler with ice packs while you are cleaning the refrigerator.
 - This is also a good time to check for expired or damaged foods.



Nothing makes me happier than being clean.

TEST YOUR KNOWLEDGE

1. When you **clean** a surface you are _____.
 - A. Killing all bacteria and germs
 - B. Removing any signs of food and dirt
 - C. Using your hand to wipe away any crumbs
 - D. Soaking up a spilled drink with a paper towel
2. Bacteria and germs can be spread easily when using a dirty sponge or dishcloth. Both should be cleaned after each use or thrown away.
 - A. True
 - B. False
3. At least once a **month** you should remove everything from your countertop so it can be cleaned and sanitized.
 - A. True
 - B. False
4. When you clean your refrigerator, where should you store all of your refrigerated items?
 - A. Kitchen countertop
 - B. Dining room table
 - C. Cooler with ice packs



**I wonder if I can
get them to clean
my kitchen.**

ANSWERS
1. B
2. A
3. B
4. C

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