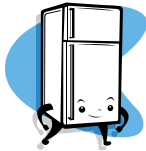




Checklist For Fighting Bacteria In The Kitchen

Cleaning And Cooking Tools

- Broom and dust pan - use during and after cooking to sweep up any foods dropped on the floor. Be sure to throw any swept up foods into the garbage.
- Cooler - a safe place to store your refrigerated items while the refrigerator is being cleaned.



You can not clean me correctly if I am still holding your food.

- Dishcloths or sponges - use to wash dishes, wipe up spills, and clean the kitchen counter.



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 clean water, then soak in a sanitizing solution (1 teaspoon 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 dishcloth.



- Cutting boards - avoid cross contamination by having two different cutting boards. Use one for fresh produce and a separate one for raw meats, poultry, and seafood.
- Long-handled bottle brush - good for cleaning jars and bottles.
- Mop - use to clean the kitchen floors often.
- Paper towels - use to clean the kitchen along with dishcloths. Be sure to throw the paper towel away after each use.
- Refrigerator/freezer/appliance thermometer - use the thermometer so you will know the inside temperature of your refrigerator and freezer.



- Refrigerator temperature should be 40° F or below.
- Freezer temperature should be 0° F or below.



An **appliance thermometer** is such a great thing to have in your refrigerator and freezer.

- Cooking thermometer - check the internal temperature to be sure your food is cooked completely and safely.
- Trash can with a lid - when lined with a bag it is a sanitary way to throw away garbage and refrigerated leftovers.





- Toothbrush or other small brush - great for cleaning drains, sink edges, and other hard to reach areas.
- Vegetable brush - use to scrub vegetables and fruits with hard surfaces. After each use clean the brush with hot soapy water and run it through the dishwasher if it is dishwasher safe. Only use this brush to clean produce.

Chemical Cleaners

- Unscented household bleach - use in preparing a sanitizing solution.



Remember, do not mix the household bleach with any other cleansers or detergents.

- Cleanser - use for cleaning sinks, countertops, pots, pans, and other kitchen surfaces. You can choose either powder or liquid.
- Dish detergent - use to clean dishes, utensils, pots, pans, countertops, and other kitchen items. Antimicrobial dish detergent is not necessary.
- Liquid hand soap - wash your hands for 20 seconds with warm water and liquid hand soap before, during, and after cooking and cleaning.





A Clean Cook Equals Tasty And Safe Food

- The clothes that you wear should be close-fitting. This will prevent them from getting into the food or tangled on the pots and pans you are using.
- Be sure that your hands are free from any open sores that would allow bacteria to get into the food. If you do have sores on your hands you can use vinyl or latex gloves to prepare your meal.
- Washing your hands before, during, and after cooking is very important. Always wash your hands after:
 - Using the bathroom
 - Changing a diaper
 - Tending to a sick person
 - Smoking
 - Blowing your nose, coughing, or sneezing
 - Handling pets



An Additional Tip

- It is a good idea to have a first aid kit handy in the kitchen in case an accident does happen. You should include:
 - Adhesive bandages (assorted sizes)
 - Adhesive cloth tape
 - Antibiotic ointment packets
 - Antiseptic wipe packets
 - Aspirin
 - Instant cold compress
 - Non-latex gloves
 - Hydrocortisone ointment packets
 - Scissors
 - Roller bandage
 - Sterile gauze pads (assorted sizes)

