

# Preparing Your Kitchen

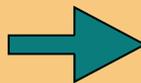
## Food Safety Begins In The Kitchen

Having a clean cooking environment is a major factor in preventing foodborne illness. Kitchens have more bacteria than any other room in the house. Therefore, everything in your kitchen needs to be kept clean.

- 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. Be sure to rinse surfaces after cleaning.
  - The rest of the bacteria will be killed when you sanitize the surface. You can buy a kitchen sanitizer or make your own by using the recipe below.

### Sanitizing Solution Recipe

Mix 1 teaspoon of liquid chlorine bleach with 1 quart of plain water and place in a spray bottle.



- When cleaning your kitchen do not forget 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.

**Remember, everything that touches food must be clean, including you.**

