

Preparing Your Kitchen

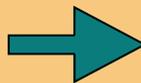
Food Safety Begins In The Kitchen

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.





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)



Potluck And Picnic Food Safety

Potlucks and picnics are a fun and easy way to get large groups of people together to socialize over good food. Follow the tips provided below so everyone will have a safe and enjoyable time at the potluck or picnic.

- Before you begin your recipe, be sure to *Prepare Your Kitchen*.



It is also a good idea to read over the section dividers found in your *Tasty And Safe Cookbook*.

- The danger zone is the temperature range between 40°F and 140°F. When refrigerated or cooked foods are left in this temperature range, bacteria found in and on these foods will begin to grow rapidly. It is important to keep foods below 40°F or above 140°F whenever possible.



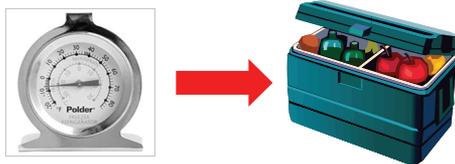
The 2 Hour Rule



The 2 hour rule states that refrigerated or cooked foods left in the danger zone for longer than 2 hours when the air temperature is 40-80°F must be thrown into the trash. If the air temperature is above 90°F, the food must be thrown into the trash after 1 hour.



- The two hour rule also applies when transporting food to the potluck or picnic. Use an insulated bag to transport hot foods. Serve them as soon as you arrive or return them to an oven for reheating.
- Keep cold food cold by placing it in a cooler with ice or frozen gel packs. If a refrigerator is present, place the cold food in the refrigerator until it is time to serve. Keep an appliance thermometer in the cooler or refrigerator to make sure the temperature remains below 40°F.



- When serving cold food items, place the cold food dishes directly on ice, or in a shallow container set in a deep pan filled with ice. Use your food thermometer to check the temperature of your cold foods often, making sure they are below 40°F.
- When serving hot food items, use a heated chafing dish with a cover. Use your food thermometer to check the temperature of the hot foods often to be sure they are above 140°F.

Do not forget to bring clean serving utensils for your dish. Tongs work great for finger foods and appetizers.





Kitchen Safety For Your Grandchild/children

When teaching your grandchild/children how to cook you need to prepare your kitchen correctly. Follow the recommendations below, so it will be a safe and enjoyable experience.

- *Prepare Your Kitchen* correctly.
 - Create a 3 foot kid free zone around the stove.
 - Hot foods and drink items should be kept away from the edge of countertops and tables.
 - Do not use a tablecloth or other table covering that can be grabbed by a child/children.



They can pull the tablecloth or covering off the table, bringing anything on the tabletop down on top of them.

- Do not let pot or pan handles stick out over the edge of the stove. Turn pot handles toward the back of the stove, and cook on back burners whenever possible.
- Have a kitchen first aid kit readily available.
- Consider installing child safety locks on your cabinet doors and drawers if your grandchild/children will be visiting you a lot.





- If you are going to teach your grandchild/children how to cook, consider these recommendations.
 - Read the recipe with your grandchild/children first and explain each step in the recipe.
 - Make sure that long hair is pulled back and the clothes are not loose fitting.
 - Gather all kitchen tools and ingredients before beginning the recipe.
 - Handle kitchen utensils properly. Do not assume that the child/children will know how to use the utensil.
 - Follow all the safety tips found in this cookbook.
 - Discuss fire safety and explain how the fire extinguisher works.
 - If the recipe does not turn out as you planned, do not get discouraged. Try the recipe again another day. Remember, they are just learning how to cook so make it fun.
 - Adult supervision in the kitchen is important. Never allow your grandchild/children to use a knife, oven, or microwave without adult supervision.

By teaching your grandchild/children how to cook they can learn important skills such as healthy choices, how to follow directions, and math.

