

# **Kitchen Cleanliness Guidelines**

For kitchen cleanliness and to make your food preparation environment a pleasant and safe place to work keep these guidelines in mind.

- Wash counter tops, tables and other work surfaces before you begin cooking.
- Keep work surfaces and utensils clean as you work. Wipe up spills right away.
- Clean utensils—and the cutting board—after each use.
- Wash pots, pans, and dishes in hot soapy water as soon as possible after using them.
- Wash tools and utensils that have been used on raw foods before you use them on cooked foods.
- Change dish towels and hand towels often.
- Clean up well after food preparation. Be sure work surfaces have been washed and dried. Don't forget to sweep crumbs from the floor.
- With electrical appliances, use dry hands, stand on dry floor and keep away from water.
- Plug cord into electrical appliance before plugging into power source.
- Dull knives are more dangerous and less efficient than sharp knives.
- Avoid plastic on or near the range.
- Turn handles away from the front of the range.
- Clean up spills immediately to avoid falls.
- Use hot pads or oven mitts for handling hot baking pans.
- Use a step stool for reaching high objects.

How to extinguish a fire:

- To extinguish a grease fire, use a lid on the pan and apply baking soda/salt or fire extinguisher. Avoid using water or flour.
- For an electrical fire, use a chemical fire extinguisher.

Cleaning:

- Cleaning supplies should be stored away from foods.
- Mixing chlorine with any product containing ammonia will create toxic deadly fumes.
- Always use cleaners and sanitizers according to manufacturer's directions.
- Clean, rinse, and sanitize the surface, then allow the surface to air dry.
- Remove garbage from prep areas as quickly as possible.
- Do not clean garbage containers near food prep or food storage areas. Clean the inside and outside of garbage cans often.

Basic first-aid for cuts and burns.

- First aid for severely bleeding cut: apply direct pressure over wound.
- First aid for a first degree burn: place burned area under cold running water.

Identify proper handwashing

- Wash hands with soap and warm water for a minimum of twenty seconds.
- Wash hands before/after handling raw meat, poultry or eggs.
- Wash hands after using restroom, sneezing, coughing, changing diapers, etc.
- When tasting foods, always use a clean spoon and use only once.

Proper Food Temperatures:

- Temperature Danger Zone is 41-135 degrees
  - Keep hot food above 140 degrees until serving time.
  - Foods should not be in the Temperature Danger Zone for more than two hours.
- Proper temperature for heating, reheating and serving foods is 165 degrees.

- Proper temperature for cold storage of foods is 40 degrees or below.
- Keep hot foods hot and cold foods cold.
- Internal food temperatures should be (always use a thermometer to check):
  - Seafood, beef, veal, lamb, pork: at least 145 degrees
  - Ground meats (pork, beef, veal, lamb): 155 degrees
  - All poultry (whole or ground): 165 degrees

#### Thawing Foods:

- Place in the refrigerator for 2-3 days. This is the safest method.
- Place in a sink of cold, running water or a sink full of cold water, changing the water every 30 minutes. Use food immediately.
- In the microwave, if using the food immediately.
- Never defrost frozen foods at room temperature.

#### Food-borne Illness.

- Food-borne illness results from eating contaminated foods containing poisonous toxins.
- Fever, headache and digestive troubles are symptoms of food-borne illness.
- Contaminated food will often look and smell normal. It may not always have off-odors or off-flavors.
- A large majority of food-borne illnesses can be prevented by practicing proper hand washing.
- Throw away any food with an off odor and do not taste or use.
- Do not buy or use bulging cans.
- Frequently clean and sanitize work surfaces.
- Ways to avoid cross contamination:
  - Never place cooked food on a plate which has previously held raw meat, poultry or seafood.
  - Always wash hands, cutting boards, etc. with hot soapy water after they come in contact with raw meat, poultry or seafood.