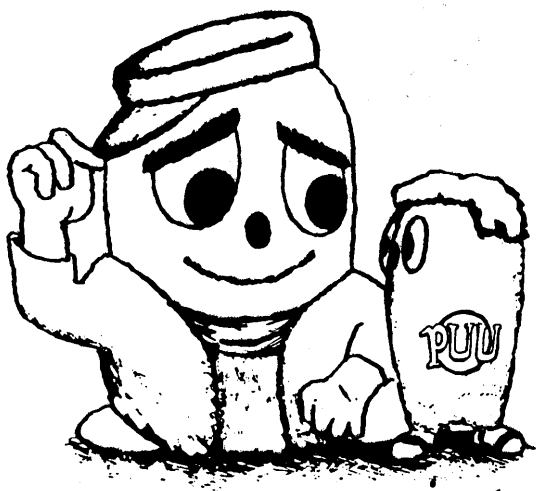


Clean Kitchen Savvy



*Mike the Microbe has a tough
time in a clean kitchen*

Safe Food for Children

A series of lessons for
parents & child care providers

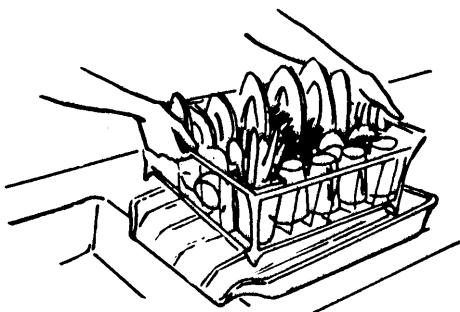
Lesson 5

Lesson 5

How to clean up your kitchen

Preparing and eating food at home saves money, can be an enjoyable and creative opportunity, and can help you provide healthy, well-balanced meals for yourself and your children.

But, when you prepare and eat food at home, you also will have dirty glasses, dishes, towels, equipment, and kitchen surfaces to clean afterward. You must thoroughly clean your kitchen to stop microbes from growing on these surfaces. Sanitary work habits, proper cleansers, and easy-to-clean equipment help insure that your kitchen is not contaminated and will be safe for preparing the next snack or meal.



How to wash dishes

If you wash the dishes by hand —

- Wash and rinse waters should be as hot as they can be. Wear rubber gloves to protect your hands.
- Wash lightly soiled items first. Generally, wash dishes in the following order: glasses, silverware, plates, serving dishes, and, finally, pots and pans.
- Change wash water and rinse water when they become cool or look or feel greasy.
- Allow dishes and utensils to air dry instead of drying with towels. Towels may be unclean and may actually help harmful microbes to spread.

In a dishwasher —

- To thoroughly clean dishes, a dishwasher must be properly loaded and be supplied with hot water and the right detergent.
- If possible, use a dishwasher that heats water to 140 degrees F.
- Place dirty sides of dishes facing the water spray. Be sure large items do not shield small ones.
- Glasses, cups, and bowls should be placed bottoms up.
- Use the recommended amount of automatic dishwasher detergent.
- “Clean or dirty?” Keep the door latched until you’re ready to put dishes away.

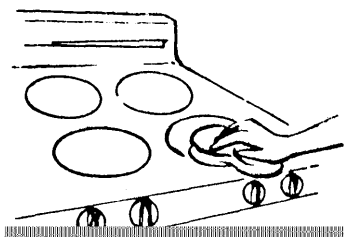
Good tips for cleaning your kitchen

- Use separate clean cloths or paper towels for drying hands.
- Use separate cloths or paper towels for wiping up spills from the floor.
- Wash all towels, cloths, and sponges often. Replace sponges every few weeks.

Wipe off can lids before opening to remove dust, etc.

Use easy-to-clean equipment

- Use dishes and utensils that are in good condition. Cracked wooden spoons, chipped dishes, etc., are good places for microbes to grow. Therefore, throw away such broken equipment.
- Use marble, plastic, or any non-porous cutting board rather than a wooden one. Microbes can hide in grooves or cuts in wooden boards.
- Use pots and pans with smooth surfaces and rounded corners.



Keep equipment clean

- Clean your can opener often. Microbes collect and grow there.

- If you use a wooden cutting board, clean it with a sturdy brush and a solution of two tablespoons of bleach per gallon of water.

- To prevent mold growth, keep the inside of your refrigerator clean. Wash with a solution of one tablespoon of baking soda per quart of water. Rinse and dry. Wipe off rubber gaskets with a solution of three tablespoons of bleach per quart of water.

- When warming food in a microwave oven, cover the dish it is in with a paper towel, wax paper or dish cover to prevent splatters. If the inside of the microwave is not clean, wash quickly with hot, soapy water.

WARNING:

Store cleaning supplies and insect killers where children cannot reach them.

Keep all surfaces clean

Microbes are easily moved from one surface to another. Therefore, be sure you keep kitchen countertops, sinks, dining table and chairs, and floors clean.

Keep pets and pests out of the kitchen. They spread microbes.

Clean Kitchen Savvy is the last in a five-part program on *Safe Food for Children: A series of lessons for parents and child care providers.*

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