



University of Georgia Cooperative Extension Service

#### A Clean and Safe Kitchen- Staying Healthy

#### Clean and Sanitize Kitchen Surfaces

- 1. Wash with hot water and soap and rinse to remove soap.
- 2. Mix 1 teaspoon chlorine bleach in one quart of clean water and apply liberally to surfaces.
- 3. Allow the surface to air dry.
- 4. Use paper towels. If you use cloth towels, change and launder them often. Avoid using sponges in the kitchen.



#### **Wash Hands Often**

- 1. Wet hands with warm, running water and apply soap.
- 2. Rub hands vigorously and clean between fingers, under nails and around jewelry.
- 3. Rinse hands with clean, running water.
- 4. Dry with a paper towel.



## Keep Chemicals Away From Food

- 1. Store cleaning products in the original containers. Do not remove labels.
- 2. Keep cleaning products away from food.
- 3. Never reuse cleaning product containers for other purposes.



### **Clean Kitchen Appliances**

- 1. Large appliances should be cleaned on a monthly basis.
- 2. Use soap and water to wash the refrigerator and clean up spills immediately.
- 3. Don't use abrasive cleaners that can damage the surface of appliance.
- 4. Dishwashers and ovens are often self-cleaning. Check the appliance manual for cleaning directions.
- 5. Unplug small appliances before cleaning and never immerse in water.











#### **Prevent Cross-Contamination**

- 1. Keep raw meats away from all other foods and store on bottom shelf of refrigerator.
- 2. Use separate cutting boards for raw meats and ready-to-eat foods. Use cutting boards made of non-porous material.
- 3. Wash cutting boards with hot water and soap; sanitize with solution of 1 tbsp bleach in 1 gal. water.
- 4. Never put cooked food on plate that previously held raw meat or eggs.



#### **Cooking Safety**

When using a stove:

- 1. Turn handles inward and keep hot cookware out of reach to avoid burns.
- 2. Use oven mitts or potholders when handling hot dishes.
- 3. Never leave cooking food unattended.
- 4. Shield yourself from steam to prevent burns.

#### **Cutting Safety**

When using knives:

- 1. Make sure they are sharp for easy cutting.
- 2. Always cut with edge away from you.
- 3. Wash knives separately from other dishes and store in a knife block.



### **Fire Safety**

#### **How to Avoid:**

- Check to see if all burners are off after cooking.
- Never use flammable fuels to start fires in a cook stove.
- Keep combustibles away from cooking area.
- Keep electrical cords away from hot surfaces.

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#### If you have a fire:

- Always have an escape plan and fire extinguisher on hand.
- Cover pan fires with a lid and never pour water on a grease fire.
- Use a fire blanket, extinguisher, or baking soda to put out fire.

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