Food Safety for Boomers and Beyond

Kitchen Cleaning

Germs or microorganisms are present throughout the kitchen; however, maintaining a clean and sanitized food preparation area and washing hands often will reduce your risk of contracting a foodborne illness (FBI)

All food contact surfaces (counters, cutting boards, and utensils) should be washed with hot, soapy water and rinsed well before and after food preparation. Also, surfaces should be cleaned between food types to prevent cross-contamination.

Cross Contamination

Unintentional transfer of microorganisms from one surface to another

How often do you clean these items in your kitchen?

- cupboard handles and knobs
- refrigerator and stove handles and knobs
- microwave entry pad
- soap dispenser
- faucet handle

These surfaces can easily be contaminated and should be frequently washed

Cleaning Tips[1]:

Refrigerator or Freezer:

- Wipe spills as they happen
- Deep clean (remove shelves and bins) every three months
- Defrost ice build-up as needed

Microwave and Oven:

- As needed; especially if something boils over or spills

Dish Cloths and Towels:

- Change daily or use disposable
- Launder in hot water

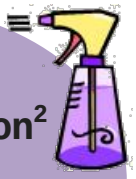
Scouring pads and sponges:

- Daily and replace often--wash in the dishwasher or allow to soak in a sanitizer solution

Other Things to Consider:

- Clean kitchen surfaces with disposable paper towels
- Designate cutting boards for a specific use—
  - red = meat
  - green = vegetables
- Sanitize cutting boards often
- Replace well used cutting boards—boards with grooves harbor bacteria

Homemade Sanitizer Solution[2]



Add 1 tablespoon bleach to a gallon of water

Source: [1]U.S. Dept. of Agriculture, Be Food Safe