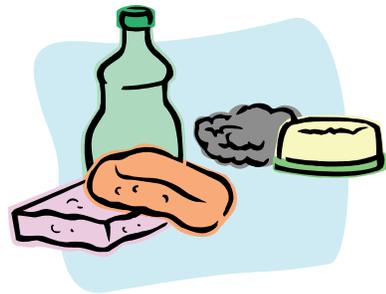


Clean and Sanitary



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Is your kitchen the “germiest” place in America?



Kitchen sinks are “germier” than most bathrooms! Kitchen sinks ranked number 1 as the germiest place in America according to Charles Gerba, PhD, a professor of environmental biology, University of Arizona.

There are typically more than 500,000 bacteria per square inch in the drain of a kitchen sink!

In fact, in a recent study, half the top 10 germiest spots in the home are in the kitchen! That includes tests done on sponges, sinks, faucets, and door handles!

By following the best practices for cleaning and sanitation outlined in this training, your kitchen will be a safe and healthy place to prepare and serve food. You will know what to do to keep your child care clean and the food service to your child care group and your own family sanitary.



Source: www.health.com and www.kidshealth.org

Keep Harmful Substances Away From Food!

Keeping food safe seems like common sense. Many of the tips your grandmother told you or showed you still apply. Habits you learned as a child—simply washing your hands, for example—will help prevent bacteria, viruses, and other harmful pathogens from spreading to the food you prepare and serve the children in your care.

Prevent Contamination

Contamination occurs when bacteria or other harmful substances travel to food from your hands, not properly cleaned cooking and serving utensils or equipment, or from food preparation areas and surfaces.

You can prevent contamination when you:

- Practice good personal hygiene

- Prevent cross-contamination

Good Health and Hygiene

The source of many bacteria that cause foodborne illness is often the person handling the food. Bacteria are found naturally on you skin and hair, nose and throat. Many others live or survive in your intestinal tract—even when you don't feel sick.

Bacteria can easily spread from you to others when your hands touch food, food contact surfaces and other household objects, like faucets, tables, and toys. One out of four outbreaks of foodborne illness can be traced to bacteria from the hands.

Maintaining good health is a goal that may not always be achieved as you are caring for small children who are often sick. It is, therefore, important to practice good hygiene when you prepare and serve food.

If you prepare or serve food when you are sick, you may contaminate food and spread illness. You should not prepare or serve food when you have any of the following symptoms:

- * fever
- *vomiting
- *sore throat
- *diarrhea
- * jaundice

If you are sneezing or coughing, avoid handling food. If you must still prepare and serve meals, try to take a medication that control symptoms.

Open sores and cuts must be covered completely with a bandage or disposable gloves.

Wash Hands

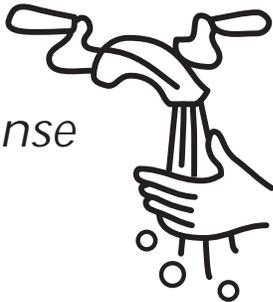
HOW

Wet
warm water

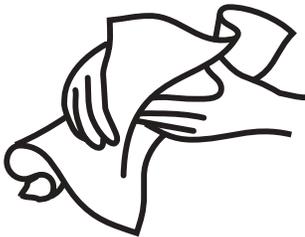


20 seconds

Rinse



Dry



WHEN

Wash your hands before you touch food or as often as needed.

Wash after you:

- ▶ use the toilet
- ▶ touch uncooked meat, poultry, fish or eggs or other food from animals
- ▶ interrupt your work with food (such as answering the phone, opening a door or drawer)
- ▶ smoke
- ▶ touch dirty plates, utensils or equipment
- ▶ take out trash
- ▶ touch your nose, mouth, or any part of your body
- ▶ sneeze or cough
- ▶ change diapers
- ▶ touch pets

Use soap to scrub your hands.

Use a clean cloth or paper towel to dry your hands.

One of the most important steps in reducing the spread of infectious diseases among children and child care providers is cleaning and sanitizing surfaces that everyone uses. Toys, other areas, and equipment in the child care warrant the same scrutiny as the surfaces and equipment in your kitchen.

Clean vs. Sanitary—What's the Difference?

Cleaning: removing dirt and soil with soap and water.

Sanitizing: removing dirt and soil and certain bacteria so that the number of germs is reduced to such a level that the spread of disease is unlikely.

In your kitchen cutting boards, dishes, kitchen utensils, counter tops, and table surfaces can all be sources of contamination. When you wash dishes and utensils, you remove the dried food, sauces, gravies and juices, just like you remove dirt. These same items may need to have another step of sanitizing to make sure there are no harmful bacteria that can spread illness.

Keep your kitchen sink for food preparation and dish washing only! Clean and sanitize your sink and faucets daily. Include can openers in this process.

All counter surfaces are to be cleaned and sanitized before and after food preparation.

The table where children eat and high chair trays are to be cleaned and sanitized before and after eating. Always serve food on plates, not on a high chair tray or table.

How to Sanitize

There are two ways to sanitize. You can use:

- Chemicals, such as bleach
- Heat or hot water

Chlorine bleach is by far the most cost effective sanitizer. Be sure to check the label for ingredients. Look for 5.25% sodium hypochlorite in the list of "active ingredients". It is this chlorine product that will do the sanitizing. Some brands of bleach may have added fragrances which can reduce the ability of the bleach to effectively kill germs. Bleach concentrations greater than 5.25% may leave a residue. Be sure to check the label.

Besides chlorine bleach, there are many commercial cleaning products that advertise sanitizing or disinfecting properties. Not all products are safe to use on items that will be used in food preparation. Some products don't have the same effectiveness as bleach. If you choose to use a sanitizer other than bleach, be sure to follow the directions carefully.

Use this recipe to make a bleach solution each day



1/4 teaspoon of bleach + 1 quart of warm water

This recipe makes a solution that is safe to use on all food contact surfaces. Do not use more than a concentration of 1 tablespoon of bleach in a gallon of water (or maximum of 1 teaspoon per quart of water), because you will leave a chlorine residue that can contaminate food.

You can apply this solution in various ways.

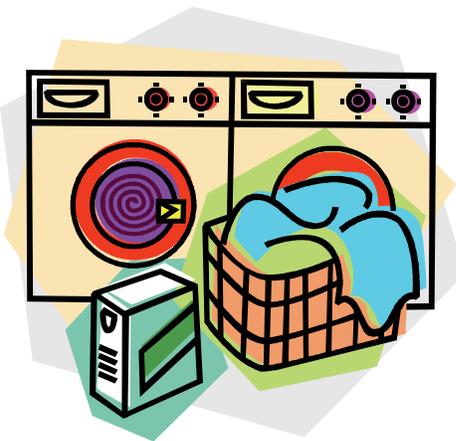
- Spray bottles are good for sanitizing surface areas. Label the spray bottle with the name of the solution. Be sure to let sanitized surfaces air dry.
- The sanitizing solution may be used for rinsing cloths used to clean surface areas. All cleaning cloths must be washed daily in hot water.
- The sanitizing solution may be used for dipping objects, such as small toys. Be sure to let objects air dry. Sanitizing takes 7-10 seconds.

Heat or hot water can also be used to sanitize. If you use your dishwasher to sanitize dishes and utensils, the temperature of the sanitizing rinse must be 180° F.

If you hand wash dishes, use hot soapy water. Rinse in clean running warm water and let air dry.

Wash all infant feeding equipment in hot soapy water and scrub using a bottle and nipple brush. Sanitize infant bottles, caps, rings, and nipples in boiling water for 5 minutes. Remove with sanitized tongs and air dry.

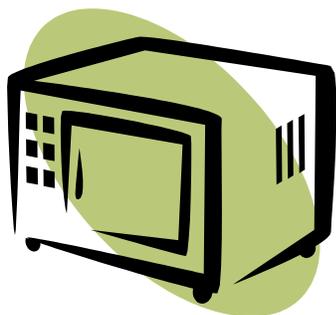
It is important to let surfaces and utensils, dishes and equipment air dry. A dish towel can harbor bacteria which then can contaminate surfaces. It is not economical to use a clean towel or paper towel to dry all the time. Air drying saves time, money and is easier on the environment.



Wash cloths and linens used in the kitchen daily in hot water and dry. Take care in handling wet laundry. Wet laundry may harbor bacteria. Transfer laundry to dryer quickly and dry until very dry. Depending on the size of the load, that may be 45 minutes. **Wash your hands after transferring wet wash to dryer.**

Sources: Food Safety for Family Day Care Providers, UMass Extension; Feeding Infants in the Child Nutrition Programs, USDA; Management Improvement Guidance for Family Day Care Homes, USDA

Microwave Kills Germs in Sponges



Your microwave may be good at helping protect against the spread of germs. Studies show that zapping sponges and scrubbing pads kills bacteria.

Disease causing bacteria and germs from uncooked eggs, meat, and vegetables often end up on counter tops. Damp sponges, dish cloths, and scrubbers used to wipe counters can then spread bacteria on surfaces and provide an ideal breeding ground for germs.

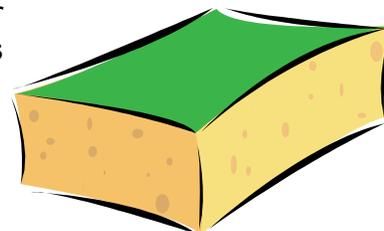
In studies done by the *Journal of Environmental Health*, researchers evaluated the effects of zapping sponges and plastic scrubbing pads in the microwave on bacteria and viruses.

The results showed that 2 minutes in the microwave on full power killed or inactivated more than 99% of all living germs and bacterial spores on the sponges and pads.

After an additional 2 minutes, for a total of 4 minutes, on full power, none of the bacterial spores survived.

Here is what you need to do:

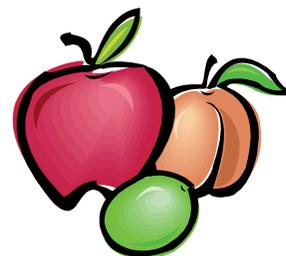
- Microwave only sponges or plastic scrubbers that do not contain steel or other metals.
- Make sure the sponge or scrubber is wet. It is the high heat of the water content that boils the germs.
- Two minutes on high should be enough to kill most germs.
- Be careful in removing the sponge or scrubber from the microwave. It will be very hot and should not be handled immediately.
- Researchers recommended microwaving sponges and scrubbers daily.
- Putting your sponge or scrubber through your dishwasher also kills bacteria to a slightly less degree than microwaving.



Source: www.webmd.com and *Journal of Environmental Health*, 2007

Washing Fruits and Vegetables

As a child care provider, you plan your meals and snacks to meet the CACFP guidelines. This variety of foods gives the children in care the nutrients needed to stay healthy, be active and grow. Among the very healthy foods you serve, ready-to-eat fruits and vegetables can pose health risks if not handled properly.



Begin with clean hands!

Cut away any damaged or bruised areas on fruits and vegetables before preparing. Discard any produce that looks rotten.

All fresh fruits and vegetables should be washed well before you peel, cut, eat, or cook with them. This includes organically grown produce, produce grown at home or purchased from a grocery store or farmer's market. Wash the whole fruit even if you are not going to eat the peel. If you cut through the peel of an unwashed fruit or vegetable, you can transfer bacteria from the peel to the inside of the product.

A water wash with clean running water using a produce brush to clean crevices when needed is recommended.

Do not wash fruits and vegetables with soap or detergent. You will leave a residue that could be harmful. It is not necessary to spend the money to buy some of the new fruit and veggie washes now being sold. The friction of clean running water plus a gentle brushing, if needed, gets produce clean.

Wash fruits and vegetables just before serving and cooking. Washing too far in advance may accelerate the produce spoiling in the refrigerator.



What about pre-washed produce? If bagged produce such as lettuce states on the package that it has been pre-washed, it can be used with no further washing. As an extra measure of caution, you can wash the produce again just before you use it. Pre-cut or pre-washed produce in open bags should be washed before using.

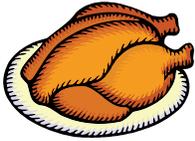
Health risks with raw sprouts: Raw sprouts that are served on salads, wraps, and sandwiches may contain bacteria that can cause illness. Rinsing sprouts first will not remove the bacteria.

To reduce the risk of illness, do not eat raw sprouts such as bean, alfalfa, clover, or radish sprouts. All sprouts should be thoroughly cooked before eating to reduce the risk of illness.

Source: FDA *Safe Handling of Raw Produce*

Do not wash raw meats before cooking.

In a home setting the process of washing raw meats increases the chances of cross-contamination. Bacteria from raw meats and poultry juices can be spread to other foods, utensils, and counter tops.



Washing chicken and other poultry does not kill harmful bacteria. You can kill these bacteria only by cooking to the proper internal temperature of 165° F.

How to safely handle raw meat, poultry, and fish:

- Wash your hands before handling any food.
- Wash your hands after handling raw meat, poultry and fish.
- If you handle raw meat, poultry, or fish don't wipe your hands on a dish towel! You have just contaminated the towel, that if used again, will contaminate other surfaces.
- Keep raw meats and their juices away from other foods in the refrigerator and on counter tops.
- Put cooked food on a clean plate! Never re-use a plate that was holding raw meat, poultry, or fish.
- Use a separate cutting board for raw meat, poultry, or fish. Have another cutting board for fruits and vegetables and breads.
- When you are done preparing food, wash and sanitize counter tops and food preparation areas.
- Wash all cutting boards, knives, and utensils in hot soapy water and allow to air dry.
- Sanitize cutting boards used for meats using the bleach sanitizer on page 5.
- Plastic, acrylic, glass, and solid wood cutting boards may be put in the dishwasher.
- Use only cutting boards that are free from deep groves. Replace worn cutting boards as they become hard to clean.



Sources: <http://www.fightbac.org/> and www.fsis.usda.gov

Cleaning Your Kitchen on a Budget

By now you know the importance of keeping a clean kitchen! You don't have to spend a lot of money to get the job done. Having the following products in your kitchen will help you deal with many cleaning tasks:

- * Dish detergent
- * Vinegar
- * Baking Soda
- * Ammonia
- * Bleach



WARNING: Never mix chlorine bleach and ammonia.
Toxic fumes can be produced if chlorine and ammonia are mixed.
This warning also applies to any cleanser containing chlorine and ammonia.

Here are a few suggestions to clean and sanitize your kitchen “on a shoestring”.

Dish detergent: Use a dish detergent liquid that is concentrated enough to work without having to use too much. Choosing by price alone may not be economical, so keep track of how much you are using. You don't need to use an antibacterial dish detergent. These are more drying for your skin and are no more effective than washing dishes properly in hot water, rinsing, and air drying. Consider using rubber gloves when washing dishes to help keep your hands from drying out.

Vinegar: Vinegar is a mild acid and comes in handy in your kitchen. White vinegar is the most cost effective. The acidity is a mild disinfectant and will deodorize and effectively cut grease. The vinegar smell goes away in a few minutes after eliminating other odors.

Besides using vinegar to make your coffee maker work better, a few drops of vinegar in your dishwashing water cuts grease and leaves dishes sparkling.

Your kitchen windows can be cleaned with vinegar. Use 2 tablespoons of vinegar to 1 quart of water as a cleaning solution.

Use 1 tablespoon of vinegar in a quart of warm water to clean wood floors.

Baking soda: Baking soda is truly an all-purpose cleaner. It is a mild alkali and abrasive. A cleaner can be made by mixing 2 tablespoons of baking soda with warm water and then used to clean the inside of refrigerators and microwaves and other small appliances.

Use baking soda and water to remove odor and stains from plastic containers. Let some baking soda mixed with water stand in the container. Rinse with clear water and let dry.

Use baking soda to scour the kitchen sink without scratching the surface. Sprinkle and rub gently with a sponge or paper towel. Rinse then sanitize if needed. Use a sponge sprinkled with baking soda to gently remove coffee or tea stains from cups.



Baked-on foods may be removed with baking soda. Sprinkle the pot or pan with baking soda and add a few cups of water. Simmer for several minutes. Usually the burned on food will lift right off.

Ammonia: Prepare an all-purpose cleaner by mixing 1 tablespoon of ammonia, 1 tablespoon of liquid dish detergent and 2 cups of water. This is good for cleaning counter tops and woodwork.



Use ammonia in place of caustic aerosols to clean a greasy oven. Pour 1/2 cup full strength ammonia in a small glass bowl. Place the bowl into a cool oven, close the door, and leave overnight. The next morning, wipe the inside of the oven with a cloth dipped in hot, soapy water. Use fine steel wool to remove any remaining baked-on-food.

Bleach: Bleach is used in your kitchen, not as a cleaning product, but as a sanitizer. Use bleach to sanitize your kitchen as described on page 4 and 5. While vinegar and baking soda can be effective cleaning your kitchen on a budget, research has shown that they are not effective at disinfecting and sanitizing surfaces.



Carefully label all products. Be sure to carefully label all cleaning compounds or sanitizers you prepare. Keep all chemicals out of the reach of children. These cleaning ideas may require a bit more “elbow grease” to be effective, but the result can be a kitchen cleaned, sanitized, and sparkling on a budget.



Source: University of Wisconsin Extension Service



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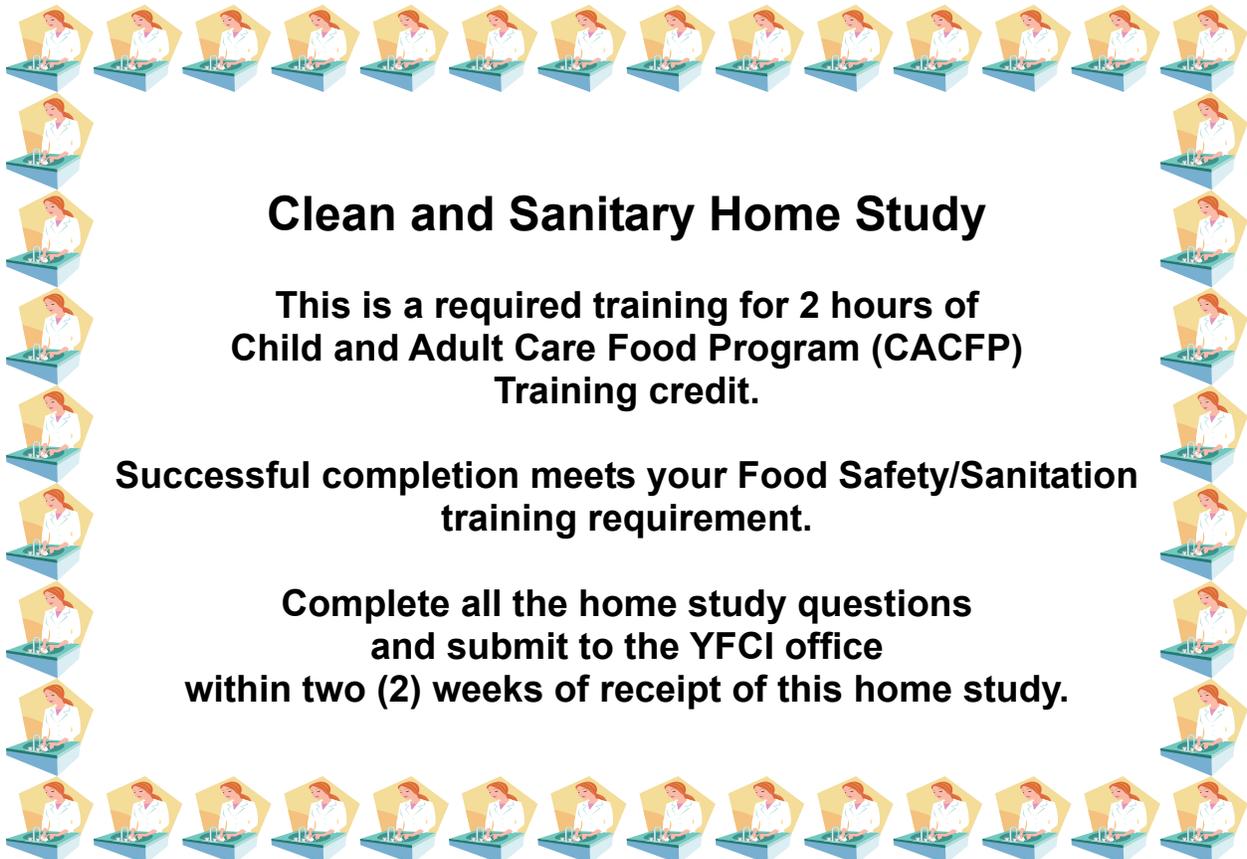
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