

CLEANING AND SANITIZING

MINDY COSTELLO, MS RS

NSF INTERNATIONAL

info@nsf.org

734-418-6612

AGENDA

- 1) CLEANING VERSUS SANITIZING
- 2) BASIC HOME SURFACE CLEANING TIPS
- 3) SURFACES OF GREATEST CONCERN AT HOME

1) Cleaning versus sanitizing

- Comparison
- How to sanitize
- Storage of utensils
- Tablet/cell phone
- Kids' and pet toys
- Care when using sanitizers

When to clean and when to sanitize

CLEANING

- To remove dried food, spills from countertops
- To remove food from a stove top
- To shine a glass stove top or stainless steel surface in the kitchen
- To clean the inside of your oven

SANITIZING

- Raw meat juice spilled on countertop, stove, sink, floor
- Someone sneezed all over your countertop
- Someone sick touched your refrigerator door handle, faucet
- Raw meat touched a countertop, stovetop, sink, utensil, cutting board

Cleaning

- Use warm or hot water with a dish soap
- You may use a vinegar and water solution to clean surfaces
- Keep in mind that cleaning soaps or vinegar solutions are not sanitizers
- EPA also has Safer Choice cleaning products

Sanitizing by submersion

- Cutting boards, utensils, pots/pans, plates used for taking raw meat to the grill
- Using your sink, measure one gallon of water and add 1 tablespoon of bleach (household bleach, unscented)
- Submerge the product into the sink/solution for one to three minutes
- Rinse thoroughly
- Allow to air dry

Sanitizing by dishwasher

- Any dishwasher-safe item
- If your dishwasher has a sanitizing cycle or directions for sanitizing
- Follow directions for your specific machine to ensure sanitizing occurs on your dishes, flatware, pots and pans
- NSF/ANSI 184 certified dishwashers

Sanitizing with spray or wipes

- Read the directions for proper use to ensure that the surface or kitchen utensil will actually be sanitized
- Many products require rinsing with water after use, especially when food will be touching the surface
- Some products require a wait time before rinsing

- Verify the sanitizer you are using is safe for your surface (granite, marble, stainless, etc.)

Storage of utensils and kitchen items

- With single-use or flatware, store with the handle out to avoid grabbing the food contact end
- Store utensils with the handles all in the same direction when in a drawer
- If hanging utensils, pots/pans from overhead, keep the opening away from exposure to sneezing, dust, germs
- Don't store any kitchen utensils, pots/pans, etc. under your kitchen sink

Tablet and cell phone

- FDA study by Amy Lando and Michael Bazaco
- Interesting study about using your phone or tablet in the kitchen
- Initial findings indicated how many of us use these devices in the kitchen
- The next step will be to determine if there are any dangers of contamination from using these devices while preparing food

Cleaning and sanitizing toys

- Soft, absorbent type toys can be sanitized in a washing machine or dryer with a sanitizing cycle
- Hard surface toys can be wiped clean with sanitizing cloths, submerged in a sanitizing solution or sprayed with a sanitizer
- Pay attention to labels on cleaning products

2) Basic surface cleaning tips

- Pet bowls, pet toys
- Cleaning tips summary
- Pet toys, pet bowls

- Cleaning pet bowls is as important as cleaning your kitchen utensils and pots/pans
- Use appropriate cleaner for the surface of the item (cloth, stainless steel, etc.)
- You may submerge pet bowls or toys (non-absorbent) in a sanitizer solution, wipe with a sanitizer cloth (and rinse as required by the directions) or use the dishwasher on the sanitizing cycle

Cleaning tips summary

- Always read the directions on your cleaning products
- Use a sanitizing cycle on your dishwasher for kitchen items; use the sanitizing cycle on your washer or dryer for absorbent towels, toys, etc.
- Take apart items such as blender gaskets and handles on spatulas before cleaning
- Use a sanitizing solution of one gallon of water with 1 tablespoon of household unscented bleach, submerge for one to three minutes, rinse thoroughly and allow to air dry
- You may also put this sanitizing solution in a spray bottle; be sure to rinse after contact time and air dry or dry with a disposable paper towel

3) Surfaces of greatest concern

- Germiest areas in the home and kitchen
- Where germs lurk

NSF International's 2011 germ study revealed that warm and moist environments tend to be a breeding ground for germs.

NSF's 2013 germ study found germs on many everyday kitchen appliances and tools that come in direct contact with food, especially raw produce, meat, poultry, seafood and ready-to-eat items.

Resources

- FightBac.org
[http://www.fightbac.org/wp-content/uploads/2017/06/Crib Sheet Cleaning and Sanitizing Surfaces and Toys.pdf](http://www.fightbac.org/wp-content/uploads/2017/06/Crib_Sheet_Cleaning_and_Sanitizing_Surfaces_and_Toys.pdf)
- NSF International
<http://www.nsf.org/consumer-resources/cooking-cleaning-food-safety/cleaning>
- EPA Safer Choice
<https://www.epa.gov/saferchoice>
- FoodSafety.gov
<https://www.foodsafety.gov/keep/basics/clean/index.html>