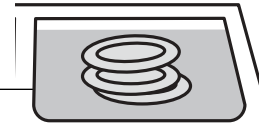


TEACHING
TIPS

HOW TO SANITIZE



Learner/worker Objectives:

- To understand how cross-contamination occurs.
- To learn how to properly sanitize.

Introduction

Germs are everywhere.



Review from "Wash Hands,"

Germs can live:

- In food - from animals or vegetables
- In the environment - in water and soil
- In and on people

The Food Connection

Germs can spread from one food to another.



Ask how germs can get from one food to another.

1 Germs can spread to foods when you:

- use the same cutting board or utensils for different foods
- do not clean and sanitize food contact surfaces between use
- allow juices to drip from raw Potentially Hazardous Foods onto other foods

This is called cross-contamination.

2 It's important to prevent cross-

contamination. When you keep equipment and utensils clean and sanitized, you can keep germs from spreading to food and other food contact surfaces.

Keep Food Safe

Clean and sanitize food contact surfaces.

1

All equipment you use to prepare, carry/transport and serve food must be clean. Cleaning gets rid of everyday "soil" like spills, dried gravy, egg or ketchup. All equipment is washed with a detergent:

- after each use
- between tasks

2

Food contact surfaces must be clean and sanitized.

When you sanitize food contact surfaces it will help reduce the number of germs to levels where they are no longer harmful.

- Surfaces must be clean so the sanitizer will work.
- Thoroughly wash and rinse cutting boards, dishes, kitchen utensils and counter tops.

3

There are different ways to sanitize - in a dish machine and by hand.

When you sanitize by hand you can use:

- Hot water (at least 171° F)
or
- Chemicals such as chlorine, iodine, quaternary ammonium (quats)

(If you use quats or iodine follow the directions on the container label.)

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TEACHING TIPS FOR HOW TO SANITIZE

continued from page 1

4 How to sanitize with chlorine.



Distribute and Review "How to Sanitize with Bleach"

To make a sanitizing solution with bleach:

Mix 1 teaspoon of bleach to 1 gallon of warm water.

To sanitize:

Follow these 4 steps to sanitizing dishes, cutting boards and other kitchen utensils:

1. Wash in hot soapy water to clean.
2. Rinse in warm water.
3. Dip in sanitizing solution at 75° F.
4. Allow the items to air dry.



Demonstrate and practice proper cleaning and sanitizing.

If you use wiping cloths

- Store the cloths in clean sanitizing solution between uses.

5 How to test the sanitizer.

The strength of bleach and other sanitizing solutions will change over time. The more you use the same solution to sanitize equipment the less effective it becomes. It's important to test the sanitizing solution frequently to make sure it is at proper strength. Use a test strip.



Show how to use a test strip.

(If you use hot water check the water temperature with a food thermometer, the temperature should be at least 171° F.)

Resources and Fact Sheets

Use the following resources and fact sheets for more information:

- **1999 FDA Food Code**
4-302.14; 4-501.111; 4-501.114; 4-702.11;
4-703.11
- Massachusetts Department of Public Health website <http://www.state.ma.us/dph/fpp/retail>