

## Cleaning & Sanitizing

Part 2 of 2

### TWO IMPORTANT STEPS FOR TREATING THE HOME KITCHEN

Our companion poster, Cleaning & Sanitizing – Part 1, covered the difference between cleaning and sanitizing/disinfecting. It's important to follow both steps to ensure that home kitchen surfaces are appropriately prepared.

#### STEP 1: CLEAN

Wash with warm, soapy water, then rinse well. **Note:** Soils and soaps can inactivate bleach solutions, so it's important to clean surfaces and then rinse well. Further, cross-contamination can occur by using dirty cleaning cloths, so be sure to use a fresh, clean cloth or a paper towel.

#### STEP 2: SANITIZE OR DISINFECT

If using a commercial sanitizer or disinfectant product, follow the manufacturer's instructions. **Note:** Disinfectants are not always safe for food contact surfaces, and not all bleaches are intended to be used as disinfectants, so be sure to carefully read the label or contact the manufacturer with any questions.

To make your own generic bleach solution, follow the chart and instructions below.

To Sanitize		To Disinfect	
Bleach	Water	Bleach	Water
1 tablespoon	1 gallon	1/3 cup	1 gallon
1 teaspoon	1 quart	4 ½ - 6 teaspoons	1 quart
¼ teaspoon	1 cup	1 ¼ - 1 ½ teaspoons	1 cup

Add the appropriate amount of **regular, unscented liquid chlorine bleach** to cool (not hot) water. Spray surfaces (or immerse item) completely with the solution. Allow to air dry, or let stand/soak for at least 1 minute then dry with a clean towel. Bleach solutions should be changed every 24 hours and preferably be made from bleach containers that have been opened for no more than 30 days. Be sure to check the expiry date on the containers as well. Take appropriate precautions when handling bleach solutions or other chemicals: Apply in a ventilated area and wear disposable or dedicated cleaning gloves and protective clothing. For **food contact surfaces, use a sanitizing solution only**. Be sure to measure carefully, apply the solution/soak items for 1 minute, then **rinse well** and allow to air dry.

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