

## Cleaning

Removes what you can see (dirt, debris, soil)

## Sanitizing

An agent that reduces disease-causing bacteria (what you can't see) on food preparation items

### TIME:

**2 minutes** Soaking items  
**5 minutes** On hard surfaces

## Disinfecting

An agent that destroys microorganisms on non-porous surfaces

## EXERCISE GREAT CARE IN USING CHEMICALS

### Sanitizing Solution

Use on food contact surfaces like eating utensils, pots, pans, knives, dishes (if you don't have a dishwasher). This represents approximately 100 ppm.

Water	Bleach (strength 2.75%)	Bleach (strength 5.25 – 6.25%)	Bleach (strength 8.25%)
1 gallon (128 oz)	1 Tbsp	2 tsps	1 tsp
1 quart (32 oz) Typical spray bottle size	1 tsp	½ tsp	¼ tsp

### Disinfecting Solution

Use on countertops, door handles, bathrooms, toilet seats, door handles, light switches (basically, any non-porous and non-food contact surfaces). This represents approximately 600 – 800 ppm.

1 gallon (128 oz)	1/3 cup plus 1 Tbsp	3 Tbsps	2 Tbsps
1 quart (32 oz) Typical spray bottle size	1 ½ Tbsps	2 ¼ tsps	1 ½ tsps

### 3 Ways Food Becomes Unsafe

#### 1. Poor Personal Hygiene

- Wash your hands
- Remove jewelry
- Cover cuts
- Tie your hair back
- Don't cook for others when you're sick

#### 2. Cross-Contamination & Improper Cleaning/ Sanitizing

- Be extra careful with PHF\*
- Separate proteins at the grocery store and in your fridge
- Use separate cutting boards
- Control spills
- Wash and sanitize food prep materials
- Wipe, clean, and sanitize counters and surfaces

\*PHF (potentially hazardous foods = high protein, high moisture, low acidity)

#### 3. Time-Temperature Abuse and Improper Food Storage

- Watch fridge temp = 37°-40°F
- Thaw correctly
- Cook to the right temp for the food  
Beware the 100 Degrees of Doom: 40°-140°F
- Cool in small batches and refrigerate immediately
- Manage leftovers by discarding within 4 days
- Dry goods storage = 50°-70° F
- Take care of pests right away