



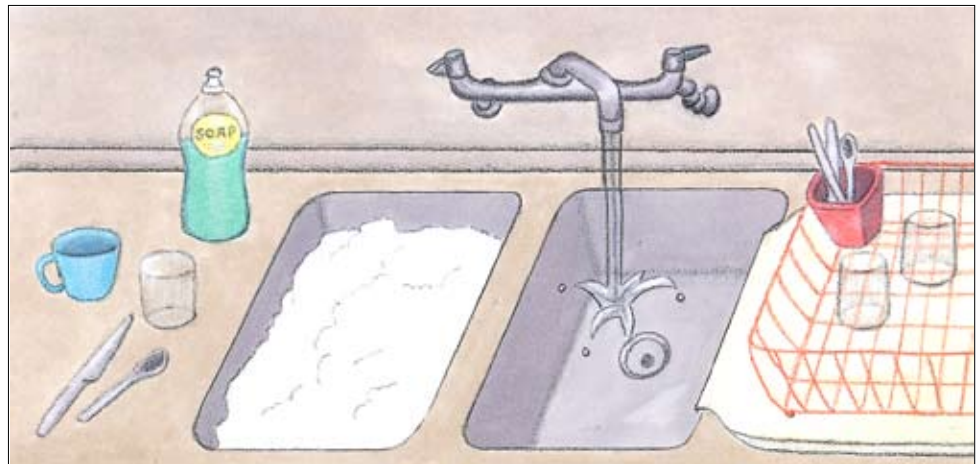
## Kitchen Clean-Up

### Washing dishes and utensils

Keep germs and flies away by washing dirty dishes every day. Either use a dishwasher or wash them by hand.

#### Washing by hand

- 1 Fill a sink with hot, soapy water.
- 2 Use a clean dishcloth.
- 3 Wash glasses, cups, and silverware first. Wash pans last.
- 4 Rinse dishes under hot, running water or in a pan of clean, hot water.
- 5 Sanitize cups and silverware for extra protection against germs. (This is important if someone in your family is sick.) Soak for 5 to 10 minutes in water with 1 Tablespoon (1 capful) of chlorine bleach in 1 gallon of water.
- 6 Drain dishes and let them dry in the air. This is better than using a towel. Dirty towels can spread germs.
- 7 Change the wash water and rinse water if they cool down or get greasy.
- 8 Put dishes away after they're dry.





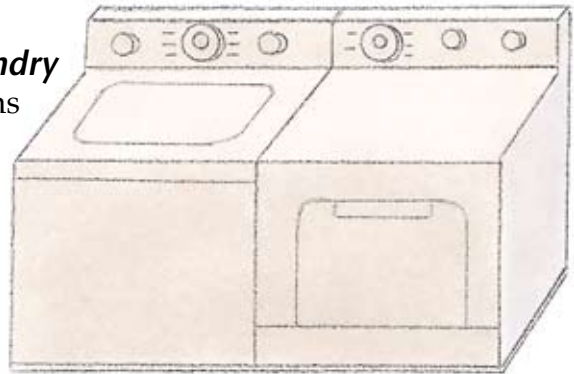
## Cleaning dishcloths and sponges

Clean dishcloths and sponges every day to kill germs.  
(If they start to smell, you've waited too long!)

There are several ways to clean dishcloths and sponges.

### *In the laundry*

Laundry dishcloths in a washing machine. Using a hot dryer helps to kill germs.



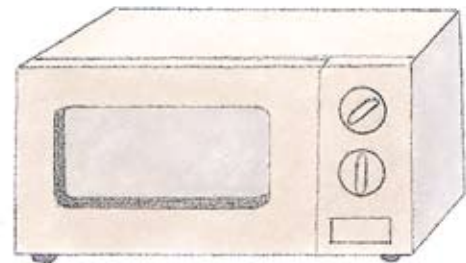
### *In the dishwasher*

Wash sponges in a dishwasher. Put them in the top rack when you run it.

### *In bleach water*

Soak sponges or dishcloths in water with chlorine bleach.

- 1 Mix  $\frac{3}{4}$  cup chlorine bleach with 1 gallon of water in the sink (or 3 Tablespoons of bleach in 1 quart of water in a glass bowl). Warning: If you use too much bleach, your dishcloths might lose color and sponges can fall apart.
- 2 Soak sponges or dishcloths for 5 minutes.
- 3 Rinse in water and let them dry in the air.



### *In the microwave*

Heat wet sponges and dishcloths for 1 minute on the "high" cycle in a microwave. They will be very hot, so remove them with care.

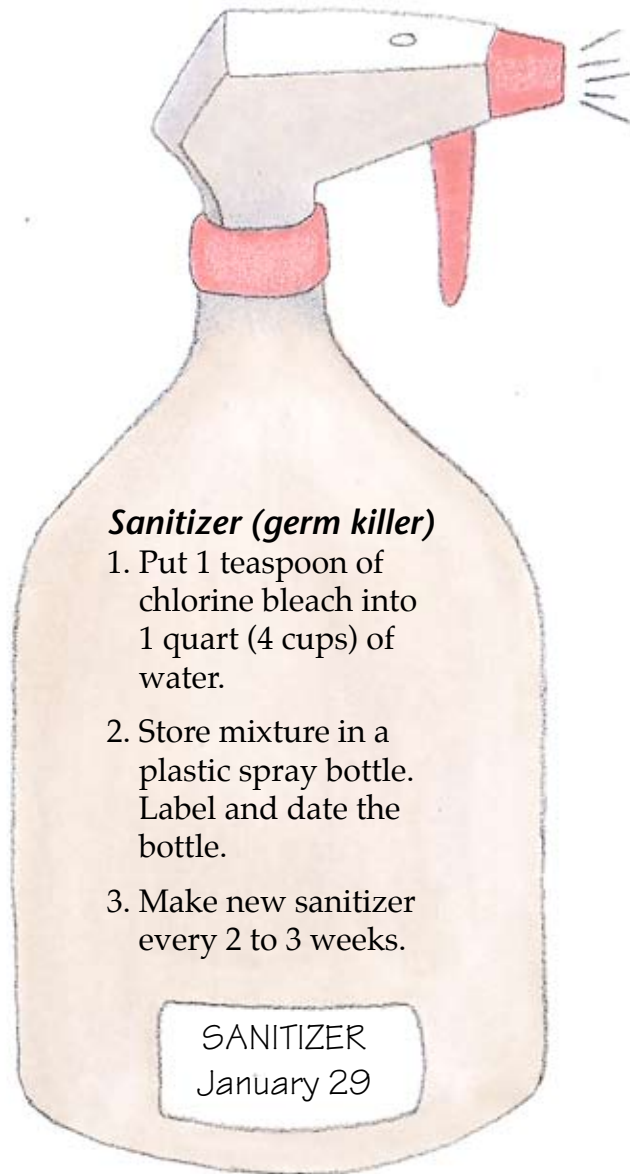
- Hang dishcloths to dry them.
- If you use sponges, buy new ones often.



## Cleaning counters

Wash counters with soap and water before and after preparing food. This is especially important if cats climb on counters.

Wipe or spray sanitizer on the counter to help keep germs away.



### **Sanitizer (germ killer)**

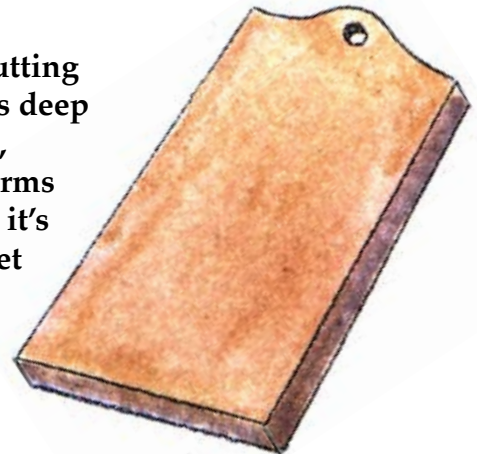
1. Put 1 teaspoon of chlorine bleach into 1 quart (4 cups) of water.
2. Store mixture in a plastic spray bottle. Label and date the bottle.
3. Make new sanitizer every 2 to 3 weeks.

## Cleaning cutting boards

Wipe off meat, fish, and poultry juice with a wet paper towel before you clean cutting boards.

- 1 Wash wooden cutting boards with hot, soapy water. Wash plastic boards in the dishwasher.
- 2 Rinse with water.
- 3 Let water drain off.
- 4 Wipe or spray with sanitizer. (This extra protection is important if meat, fish, or poultry was on the cutting board.)
- 5 Wait 2 minutes.
- 6 Rinse with water.
- 7 Let dry in the air.

**If your cutting board has deep scratches, where germs can hide, it's time to get a new board.**





## Questions for Doctor Sal Monella

**I rub my dishes with a soapy cloth instead of washing them in a pan of hot water. Is that a problem?**

Use a clean cloth. Rinse dishes in hot water to kill germs.

**Is it better to use a sponge or a dishcloth in the kitchen?**

Dishcloths are better because they're easier to keep clean. Use paper towels to clean up spills of meat, fish, and poultry juice. That helps keep germs off your dishcloth or sponge.

**I have to wash my dishes in a pan of cold water. Is that okay?**

If you can't use hot water, it's important to soak your glasses and silverware in sanitizer after washing (1 Tablespoon or 1 capful of chlorine bleach in a gallon of water) for 5 to 10 minutes to kill germs.

**Is it better to use a wooden or a plastic cutting board?**

You can use either one. Whichever you use, keep it clean. Some people like to use one board for raw meat and poultry and another board for everything else. That keeps germs in raw meat and poultry away from foods (such as lettuce) that won't be cooked before eating. Cooking kills germs.

Developed by Carolyn Raab, Extension foods and nutrition specialist, Oregon State University.

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