

# REVIEW OF CLEANING AND SANITIZING PRACTICES THAT WILL PREVENT CROSS-CONTAMINATION.

**Objective:** To review the cleaning and sanitizing procedures essential to preventing cross-contamination.



It is the responsibility of the manager to establish, train, and reinforce proper cleaning and sanitizing procedures. Begin discussion by reminding employees that, no matter how carefully food is prepared and cooked, without a clean and sanitary environment, bacteria and viruses, such as those that cause Salmonellosis and Hepatitis A, can quickly be transferred to both cooked and uncooked food. To prevent cross-contamination from surfaces, proper cleaning and sanitizing procedures must be followed.

- *Review with your employees the difference between cleaning and sanitizing:*
  - ♣ Cleaning is the process of removing food and other types of soil from a surface such as a countertop or a plate.
  - ♣ Sanitizing is the process of reducing the number of microorganisms on a clean surface to safe levels.
  - ♣ To prevent cross-contamination, cleaning and sanitizing must be a two-step process. Surfaces must first be cleaned and rinsed before being sanitized.
  - ♣ All surfaces in your operation must be kept clean. However, any surface that comes into contact with food must be cleaned *and* sanitized.
  
- *Review with your employees when surfaces must be cleaned and sanitized:*

To avoid cross-contamination, all food contact surfaces must be washed, rinsed, and sanitized:

  - ♣ After each use.
  - ♣ Before working with another type of food.
  - ♣ Whenever you are interrupted during a task for a length of time.
  - ♣ At four-hour intervals if the items are in constant use.
  
- *Review with your employees the steps for manual or machine warewashing:*

There are five steps involved in cleaning and sanitizing a surface whether it is done manually or in a machine. All five of these steps must be done to avoid cross-contamination between surfaces and food.

Step 1: Scrape and rinse the surface to remove gross soil.

Step 2: Wash items with the proper cleaner.

Step 3: Rinse items to remove excess cleaner and all traces of soil.

Step 4: Sanitize the clean items using either heat or chemicals at the proper concentration.

Step 5: Air dry away from contamination.
  
- *Review with your employees the different types of cleaners and the two ways to sanitize a surface:*

Cleaning agents go a long way to removing soil and microorganisms from surfaces. Be sure employees are using the correct cleaning agent for the type of soil present. The four types of cleaning agents are:

  - ♣ Detergents: These mild to highly alkaline cleaners penetrate and remove soil from surfaces.
  - ♣ Solvent cleaners: Often called degreasers, these alkaline detergents work well in areas where grease is found.
  - ♣ Acid cleaners: These cleaners remove mineral deposits, scale and rust stains.
  - ♣ Abrasive cleaners: These cleaners contain a scouring agent and are used to scrub off hard-to-remove soils.

There are two methods that can be used to sanitize surfaces:

- ♣ Heat: Heat is often used in the form of steam.
- ♣ Chemical: Three types of chemical sanitizer are most often used in restaurant and foodservice establishments: chlorine, iodine, and quaternary ammonium compounds.

— *Review with your employees the factors that influence the effectiveness of sanitizers:*

Chemical sanitizers can be effected by several factors. Be sure your employees are using the sanitizer correctly to ensure peak performance.

- ♣ Contact time between the sanitizer and the surface
- ♣ Selectivity of the sanitizer for the microorganism to be killed
- ♣ Temperature of the sanitizer solution
- ♣ Concentration of the sanitizer solution

**Objective:** To reinforce the proper steps to cleaning and sanitizing items.



Step 1: Break employees into teams.



Step 2: Give each a pad of paper and colored pens or markers.



Step 3: Have the employees draw a properly set up manual warewashing station. The drawings must include:



- ♣ A three compartment sink.
- ♣ Drainboards on each side of the sinks.
- ♣ A trash can or disposal.
- ♣ A clock with a second hand to check the time the item has been in sanitizer.
- ♣ A sanitizer test kit.
- ♣ An area to allow items to dry contamination-free.
- ♣ Sanitizer and cleaner, properly stored.



Step 4: The first team to draw a correct station set-up wins a prize.

