

SANITISING IN THE KITCHEN

THE PRESENCE OF CERTAIN TYPES OF BACTERIA IS THE MAIN CAUSE OF FOOD POISONING

THEREFORE, FOOD PREPARATION AREAS MUST BE KEPT FREE OF THESE BACTERIA

We destroy bacteria by the use of effective cleaning methods

The three main cleaning agents are: **Detergents - Disinfectants (sanitisers) - Hot Water**

DETERGENTS

Detergents are chemicals that, when added to water, help to remove grease dirt and food residues. They **do not** kill the bacteria that cause food poisoning.

Detergents are more effective when used with hot water. Washing-up liquid is a detergent that is widely used, but its action is fairly mild. Other detergents are available for heavily soiled equipment. Another special detergent (very alkaline) is used in dishwashers and is good for removing baked-on grease from kitchen equipment.

So, different detergents for different jobs.

DISINFECTANTS (Sanitisers)

Sanitising kills bacteria. You need to be sure the product you are using says on its label that it is a sanitiser, or uses some other words that indicate it kills bacteria.

You can clean first and then use a sanitiser, or you can use a product that contains both a detergent and a sanitiser. However, it is preferable to clean and sanitise as two different steps. Be sure to follow the manufacturer's instructions for use of the product. If you don't use the proper amount, the product may not work properly.

Cleaning and sanitising are two processes that must go hand in hand. It's no good disinfecting surfaces that have not been cleaned properly. Remember – a surface that has been wiped with a damp cloth may look clean, but may still be covered with bacteria.

HOT WATER

To sanitise with hot water, it is essential that you **know** the water is at the correct temperature, so you must have suitable thermometers for the job.

Commercial dishwashers – here the machine must be of a type that will not wash until the temperature in the tank is at least 83°C, the wash temperature is at least 60°C, and the rinse temperature at least 77°C for 10 seconds.

Immersion – you can place equipment in boiling water for 30 seconds, or in water above 77°C for two minutes.

FIVE STEPS FOR EFFECTIVE CLEANING:

- Scrape off as much food matter and dirt as possible
- Rinse or soak in warm water
- Wash at the correct temperature with a good detergent
- Sanitise with really hot water as indicated above, or use a suitable disinfectant
- Air-dry if possible. Bacteria live happily in damp, used tea towels

STORAGE OF CLEANING BOTTLES

Storage should be in a separate room or cupboard, well ventilated and away from all food products. Make sure containers are properly labelled and do not use old food containers for this purpose.