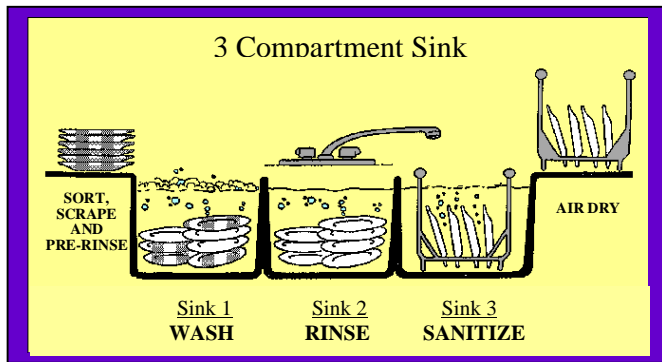
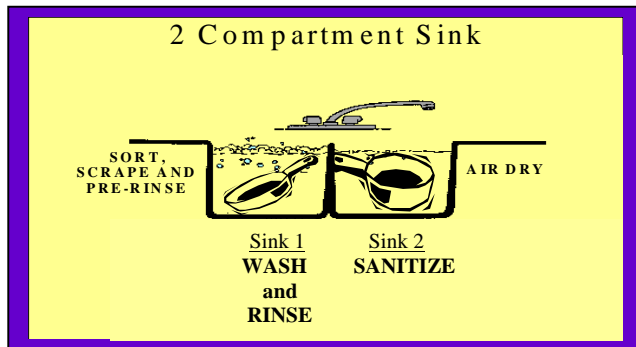


How to use a 3 Compartment Sink



If you only have a 2 Compartment Sink...

Use the first sink for washing. Rinse the dishes, pots and utensils under hot running water. Use the second sink for sanitizing.



Either a 2 or 3 compartment sink for cleaning and sanitizing, **and** an additional sink used for handwashing only, are required in food service premises under Ontario's Food Premises Regulation 562.

OTHER RESOURCES

- Consumer Food Safety Education - www.canfightbac.org
- Ontario Ministry of Health and Long Term Care - www.health.gov.on.ca
- Canadian Food Inspection Agency - www.inspection.gc.ca

PREVENTING FOODBORNE ILLNESS Cleaning and Sanitizing

Public health experts estimate that there are 11 to 13 million cases of foodborne illness in Canada every year. Fortunately, most foodborne illnesses can be easily prevented by using proper food handling practices.

HOW SAFE IS YOUR KITCHEN?

Cleanliness in the kitchen begins BEFORE you start to prepare food. Everything that comes into contact with your hands or food must be thoroughly cleaned and sanitized. This includes dishes, cutlery, utensils, pots and pans, counter tops, cutting boards as well as kitchen cloths, faucets, can opener blades, and refrigerator handles. Harmful bacteria that are not visible may thrive and multiply in food that is prepared by unclean hands in an unclean kitchen. Before preparing food, get off to a clean start.

CLEANING AND SANITIZING IS THE LAW IN FOOD PREMISES

Food handlers at home may neglect to sanitize properly, unknowingly exposing their families to harmful organisms which could cause foodborne illness. However, it is the law, under Ontario's Food Premise Regulation 562, that all food handlers working in food service premises, must follow specific cleaning and sanitizing procedures.

- Food preparation surfaces must be cleaned and sanitized before food is prepared.
- Dishes, utensils, pots, pans and any other kitchen items that touch food must be cleaned and sanitized after each use.
- Equipment that is used all the time should be cleaned and sanitized as often as necessary to maintain them in a clean and sanitary condition - at least every 4 hours.
- Cloths used in kitchens and serving areas shall be clean and used for no other purpose.



Northwestern
Health Unit
www.nwhu.on.ca
1-800-830-5978

HANDWASHING

Food Handlers must wash their hands before handling food.

WHAT IS THE DIFFERENCE BETWEEN CLEANING AND SANITIZING?

CLEANING

Cleaning removes food particles, food juices, dirt, debris and stains from dishes, equipment, counters and other surfaces by using a solution of soap or detergent, hot water (45°C / 113°F or hotter), and a clean cloth. Cleaning removes debris and stains that you can smell, see or feel.

SANITIZING

Sanitizing kills harmful micro-organisms which you cannot smell, see or feel, but which may cause illness in humans.

HOW TO CLEAN AND SANITIZE DISHES, POTS AND UTENSILS

1. Scrape off all food scraps – then rinse.
2. Throw out dishes that are chipped or cracked as bacteria may get into the cracks and spoil food.
3. Wash them with detergent and hot water that is 45°C (113°F) or hotter. Check the water temperature with a thermometer – and use a clean cloth.
4. Rinse dishes, pot and utensils in clean hot water that is 45°C (113°F) or hotter.
5. Now sanitize.
6. Let articles air dry in a clean rack. Drying dishes with a towel is not recommended as towels can easily spread bacteria.

CLEANING CLOTHS

Always use a clean cloth. Cloths that are re-used without being cleaned and sanitized can often be a source of cross-contamination. Use different cloths for different jobs.

Sanitizing Methods

Sanitize dishes, pots and utensils by letting them soak in one of these sanitizing solutions for at least 45 seconds.

1. Very hot water 77°C (170°F) or hotter
2. Warm water 24°C to 45°C (75°F to 113°F) mixed with a chemical sanitizer.

Spray the sanitizing solution on counters and cutting boards and let stand for at least 1 minute.

Sanitizing Solutions

It is important to use the right amount of chemical sanitizer when mixing it with water. If you use too much, you may contaminate the food. If you don't use enough, you may not kill the bacteria. The temperature of the water is also important. Some chemicals do not work properly if the water is too hot or too cold. Use a thermometer to check the temperature.

Never mix chemicals together or with detergents as the mixures can be poisonous (toxic).

Chlorine, iodine and quaternary ammonium (quats) are often used in food service premises. Find out which one is used in your workplace and always follow the manufacturer's instructions.

How to Sanitize with a Chlorine Solution

Wash dishes and utensils well in hot, soapy water. Rinse well. Then soak them in a sanitizing solution of 10 mL (2 tsp) of liquid household chlorine bleach mixed with 1L (4 cups) of water for at least 45 seconds. Spray the solution on counters and cutting boards and let stand for at least 1 minute. Don't touch the surface after you have applied the sanitizing solution. Let all articles air dry (or use disposable towels).

Note: Chlorine bleach is not always recommended because exposure to air, light, and food particles can reduce chlorine levels quickly making it ineffective. It may also corrode or ruin equipment. Chlorine also reacts with other common household products (like vinegar, ammonia and some detergents) giving off a poisonous gas. However, chlorine is readily available and when used properly, effectively kills harmful, disease-causing organisms.