



Cleaning and Sanitizing Equipment and Surfaces

Wash, rinse and sanitize all utensils, cutting boards, tables, countertops and other items that contact food. Check with your school or agency to find out what type of food-safe sanitizer is allowed.

Here are two food-safe sanitizers:

- **Bleach** - Use ½ teaspoon (2 mL) of bleach in one litre of water (100 ppm) in a spray bottle, bucket or sink. Be sure to label the bottle with the words – SANITIZER.
- **Quaternary ammonium compound (QUATS)** - QUATS can be purchased as a ready-to-use spray or concentrate. If using the concentrate, read the label for correct dilution instructions. The sanitizing solution should be 200 ppm **QUATS**. Use test strips to make sure the solution has been mixed to the correct concentration.

Sanitizing Food Contact Surfaces

Bleach - Spray the bleach solution (100 ppm) on countertops, cooking surfaces and cutting boards and allow to air dry for at least 45 seconds. This will allow the bleach solution to remain in contact with the surfaces long enough to sanitize them. Make a fresh solution daily.

Quaternary ammonium compound (QUATS) - Spray on or wipe countertops, cooking surfaces and cutting boards with sanitizing solution (200 ppm) and allow to air dry.

Commercially prepared disinfectant wipes (such as Lysol or Clorox) - These wipes would be acceptable for tables and surfaces. If used on any food contact surfaces, be sure to follow the instructions on the label – a potable water rinse may be required when used on surfaces that come into contact with food.



Sanitizing Kitchen Equipment and Dishes

Cooking equipment can transfer germs, so they need to be properly washed and sanitized after each use.

To clean and sanitize kitchen equipment (e.g., plates, cutting boards, tongs, knives, spoons) there are several options:

- use a dishwasher
- use the [2-sink dishwashing method*](#) for serving utensils, cutting boards, and pots and pans
- [3-sink dishwashing method*](#) for plates, cups and eating utensils

*Wash basins can be used as additional sinks

2-sink dishwashing method for serving utensils, cutting boards, and pots and pans:

- Wash: In one sink, wash kitchen equipment with hot, soapy water.
- Rinse: If there are only two sinks available, rinse the kitchen equipment with clean, warm water under the tap in the first sink.
- Sanitize: In second sink (or wash basin), mix sanitizing solution, bleach or QUATS (see information above) and soak kitchen equipment for at least 45 seconds.
- Let air dry.

3-sink dishwashing method for plates, cups and eating utensils:

- Wash: In first sink, wash dishes with hot, soapy water.
- Rinse: In second sink (or wash basin), rinse the dishes with clean, warm water.
- Sanitize: In third sink (or wash basin), mix sanitizing solution, bleach or QUATS (see information above) and soak kitchen equipment for at least 45 seconds.
- Let air dry.