Germs or microorganisms are present throughout the kitchen; however, maintaining a clean and sanitized food preparation area and washing hands often will reduce your risk of contracting a foodborne illness (FBI).

Cross Contamination
Unintentional transfer of microorganisms from one surface to another

How often do you clean these items in your kitchen?
- cupboard handles and knobs
- refrigerator and stove handles and knobs
- microwave entry pad
- soap dispenser
- faucet handle

These surfaces can easily be contaminated and should be frequently washed.

Cleaning Tips¹:

**Refrigerator or Freezer:**
- Wipe spills as they happen
- Deep clean (remove shelves and bins) every three months
- Defrost ice build-up as needed

**Microwave and Oven:**
- As needed; especially if something boils over or spills

**Dish Cloths and Towels:**
- Change daily or use disposable
- Launder in hot water

**Scouring pads and sponges:**
- Daily and replace often--wash in the dishwasher or allow to soak in a sanitizer solution

Other Things to Consider:
- Clean kitchen surfaces with disposable paper towels
- Designate cutting boards for a specific use—
  - red = meat
  - green = vegetables
- Sanitize cutting boards often
- Replace well used cutting boards—boards with grooves harbor bacteria

Homemade Sanitizer Solution²
Add 1 tablespoon bleach to a gallon of water

Source: ¹U.S. Dept. of Agriculture, Be Food Safe

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