

WSGW RADIO PRESENTATION
SPRING CLEANING YOUR KITCHEN

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The kitchen can become a breeding ground for dangerous bacteria. Cleaning your kitchen before you prepare foods can help protect you and your family from food poisoning.

Clean all work surfaces often to remove food particles and spills. Use hot soapy water and wash the counter before AND after food preparation.

Wash dishes, cutting boards, and cookware in the dishwasher or in hot soapy water and always rinse them well. You can also use a dishwashing machine detergent that has chlorine for sanitizing.

Spills and food splatters inside the microwave can also collect bacteria so clean it as well with hot soapy water especially the interior top of it.

CLEANING THE REFRIGERATOR:

Always clean up any spills as soon as they happen, even in the refrigerator.

Before you do your weekly shopping, check your refrigerator for any science projects such as moldy food.

Discard any outdated food or condiments and wipe down the shelves while the refrigerator is low on food.

At least once a year thoroughly clean the refrigerator by taking all the food items out and placing them in a cooler with ice or ice packs to maintain the food at 41°F or below. Then clean the refrigerator with soapy water including areas like the door seals and door handles. Then wipe down with clear water.

If you don't want to use soapy water, some people will use two tablespoons of baking soda to 1 quart of warm water.

Don't forget to take the drawers out and clean those surfaces as well as the drip pan. Clean drip pan with soap and water at least a couple times a year.

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Source: Food Safety News
Penn State: College of Agricultural Sciences Cooperative Extension