

HOW TO: Start Clean

Food Safety Considerations

- The first step to 'clean' is you as the food handler. Wash your hands with warm water and soap before and after handling food.
 - Do not prepare food if you have symptoms of diarrhea and/or vomiting which can contaminate food and cause a foodborne illness.
 - Wash hands for 20 seconds.
 - Wet hands under warm running tap water. Add lots of soap.
 - Rub and wash the back of hands, wrists, between fingers and under fingernails for 20 seconds.
 - Rinse well under running water.
 - Dry with paper towels.
 - Use paper to turn off the water faucet.
- Clean and sanitize the sink and counter tops.
 - Clean. Wash countertops and kitchen sinks with hot soapy water and rinse.
 - Sanitize. Fill a squirt bottle with 1 quart water. Add 1 teaspoon of chlorine bleach; OR use commercially prepared sanitizer per directions on label; OR fill a squirt bottle with full-strength white vinegar or hydrogen peroxide. Spray countertops and sink with sanitizer solution. Let air dry for 10 minutes.
 - Wash hands.
- Clean as you go
 - Wash dishes, utensils, cutting boards, etc. in hot soapy water.
 - Air dry.
- To avoid contamination, use separate utensils and cutting boards for preparing fresh produce and raw meats. Designate a cutting board for produce prep only.
- To prevent loss of quality and nutrients, prepare in small quantities to fill 3-4 containers at a time.
- Use updated and current food preservation methods, recipes and resources (1994 or later).

Prepared by Suzanne Driessen, University of Minnesota Extension Food Safety Educator | March 2020.

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