

## **LAB SANITATION INFORMATION SHEET**

Food poisoning is preventable by the use of good hygiene, keeping the lab sanitary and by preparing, serving, and storing food properly.

### **PERSONAL CLEANLINESS involves the following:**

- 1 Wash hands before food preparation, after sneezing, coughing, using the rest room, and touching the face or hair.
- 2 Keep hair away from the face.
- 3 Wear clean clothes/apron (dirty clothing has bacteria).
- 4 Don't handle food with open cuts or sores (staph).
- 5 Avoid cooking and tasting foods with the same spoon; licking fingers is prohibited.
- 6 Wash hands after handling raw meat and eggs.

### **KITCHEN CLEANLINESS involves the following:**

- 1 Wipe spills and remove dirty utensils.
- 2 Wash the butting board that has been used for preparing raw meat before cutting anything else on it.
- 3 Don't wipe hands on the dish towel; use separate towels so dishes don't get bacteria.
- 4 Don't flip each other with dish towels or use a dish towel or dish cloth that has been dropped on the floor. The floor is an excellent place for staphylococcus to grow.
- 5 Dust off cans.
- 6 Wash surfaces and cutting boards periodically with bleach.
- 7 Not pets fed or wandering in the kitchen; wash their bowls separately.
- 8 Use hot, soapy water on dishes.
- 9 No food is stored under the sink; it becomes damp.

### **SANITATION IN FOOD PREPARATION AND STORAGE involves:**

- 1 Keep food hot (above 140°F) or cold (below 40°F) and check the temperatures in the refrigerator and freezer periodically; the freezer should be at zero degrees or below.
- 2 Clean the refrigerator often.
- 3 Use freezer wrap; wrap meat loosely for the refrigerator; leftovers should be stored with tight covers.
- 4 Thaw frozen foods in the refrigerator, not on the counter.
- 5 Put foods away promptly.
- 6 Refrigerate desserts made with dairy products.
- 7 Never taste questionable food.