



# CLEANING AND SANITIZING



# INTRODUCTION

## OBJECTIVE

To explain the differences between cleaning and sanitizing. The importance of cleaning and sanitizing in the workplace will also be discussed.

## KEY MESSAGES:

- To define the difference between cleaning and sanitizing
- To illustrate the common cleaning and sanitizing agents



# DO YOU KNOW THE DIFFERENCE BETWEEN CLEANING AND SANITIZING?

All surfaces that come in contact with food, such as tabletops, cutting boards, knives and other equipment and utensils, must be cleaned and sanitized after each use.

## CLEANING

- Removes physical soils like food and oil residue on food contact surfaces, including cutting boards, utensils and equipment
- A prerequisite for effective sanitizing



## SANITIZING

- Applying heat or chemicals to a properly cleaned surface to reduce the presence of bacteria
- Sanitizing is NOT the same thing as sterilization or disinfection



# MOST COMMONLY USED CLEANING AND SANITIZING AGENTS

## CLEANING AGENTS

- Detergents, Solvent Cleaners, Acid Cleaners, Abrasive Cleaners

## SANITIZING AGENTS

### Heat guidelines for the hot water rinse:

- Stationary rack, single temperature dish machine  $\geq 150^{\circ}\text{F}$
- High-temp machines wash dishware at  $150^{\circ}\text{F}$  to  $160^{\circ}\text{F}$ , with final rinse of  $180^{\circ}\text{F}$
- Low-temp machines wash between  $120^{\circ}\text{F}$  to  $140^{\circ}\text{F}$ , and must use chemical sanitizer in wash water
- Three-compartment sink  $\leq 171^{\circ}\text{F}$

### Chemicals that have been approved as sanitizers for food safety:

- Iodine 12.5 ppm, 30 second contact time
- Quaternary ammonium or quaternary sanitizers 150–200 ppm (per manufacturer's instructions)

Concentration, temperature, and contact time all influence the effectiveness of these sanitizers. Refer to the CMS regulations for most up-to-date information: Kitchen/Food Service Observation ([cms.gov](https://www.cms.gov))

# WHY ARE CLEANING AND SANITIZING SO IMPORTANT?

The objective of cleaning and sanitizing is to remove food residue that bacteria need to grow, and to kill those bacteria that are present.

Cleaning BEFORE sanitizing is vital, because food residue can actually prevent sanitizers from coming into physical contact with the surface to be sanitized. The presence of food, moisture and oils can inactivate or reduce the effectiveness of some types of sanitizers.

<http://edis.ifas.ufl.edu/fs077>



# KEY TAKEAWAYS

- ✓ The main difference between cleaning and sanitizing is that cleaning is the removal of food residue, and sanitizing is the reduction of the presence of bacteria via heat and chemicals.
  - ✓ It is important that cleaning takes place prior to sanitizing, as food particles and residue can reduce the effectiveness of some sanitizers.
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## REFERENCES

Kitchen/Food Service Observation ([cms.gov](https://www.cms.gov))

Cleaning and Sanitization of Food Contact Surfaces in Retail/Foodservice Establishments | Food Safety ([food safety.com](https://www.foodsafety.gov))

# CLEANING AND SANITATION POST-TEST

1. Cleaning is:

- a. The removal of food particles and residue from food contact surfaces
- b. The prerequisite for sanitizing
- c. The reduction of bacteria from food contact surfaces
- d. A and B

2. In some cases, it is appropriate to sanitize without cleaning.

- True
- False

3. What is the most common method of sanitizing in a foodservice operation?

- Detergent
- Iodine
- Heat and Chemicals
- Acid Cleaners

4. What is the recommended temperature for the hot water sanitation rinse for a three-compartment sink?

- 140°F
- 171°F
- 165°F
- 180°F

5. Proper cleaning and sanitation techniques in a foodservice workplace are important, because they prevent the growth of bacteria and therefore reduce the chance of foodborne illness.

- True
- False