



VIRGINIA DEPARTMENT OF
SOCIAL SERVICES



INFECTION PREVENTION

Infection prevention and control (IPC) in your home is a set of practices that help to protect you and your family from getting sick and spreading illnesses and infectious diseases. These practices include maintaining good hygiene, cleaning, disinfecting surfaces, and social distancing.

Practicing proper **kitchen hygiene and food safety** is an essential aspect of IPC in your home.



FOR MORE INFO



Scan this QR code
or visit:

www.dss.virginia.gov/trainthetrainer



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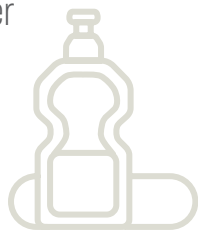
KITCHEN HYGIENE & FOOD SAFETY IN YOUR HOME





KITCHEN CLEANING TECHNIQUES

- » Always use a cleaning agent and clean cloth or paper towel when cleaning tables, counters, faucets, fridge/freezer handles, and stove tops
- » This should be done frequently
- » Check your refrigerator weekly for food that needs to be thrown out
- » Clean your refrigerator every 2-3 months, 2 months if you have an ice maker and/or water dispenser
- » Clean your dishwasher every 1-2 months



FOOD SAFETY

KEEP THINGS CLEAN IN THE KITCHEN

- » Otherwise, germs that cause food poisoning can survive in many places and spread around your kitchen
- » Wash your hands with soap and water before, during, and after preparing food and before eating
- » Always wash hands after handling uncooked meat, chicken and other poultry, seafood, flour, or eggs
- » Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item
- » Rinse fresh fruits and vegetables under running water

KEEP THINGS SEPARATE IN THE KITCHEN

- » Raw meat, chicken and other poultry, seafood, and eggs can spread germs to ready-to-eat food unless you keep them separate
- » When grocery shopping, keep raw meat poultry, seafood, and their juices away from other foods
- » Separate raw or marinating meat, poultry, seafood, and eggs from all other foods in the refrigerator
- » Use one cutting board or plate for raw meat, poultry, and seafood and another for produce, bread, and other foods that won't be cooked
- » **Raw chicken is ready to cook and doesn't need to be washed first!**



FOOD SAFETY (CONT.)

KEEP IN MIND WHEN COOKING

- » Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick
- » Use a food thermometer to ensure foods are cooked to a safe internal temperature
- » Check FoodSafety.gov for a detailed list of temperatures and foods
- » Microwave food thoroughly, following recommended cooking and standing times

TIPS FOR CHILLING, DEFROSTING AND STORING

- » Bacteria can multiply rapidly at room temperature or in the "Danger Zone" (40°F to 140°F)
- » Keep your refrigerator at 40°F or below and your freezer at 0°F or below
- » Package warm or hot food into clean, covered containers and then refrigerate
- » Refrigerate perishable food (meat, seafood, dairy, cut fruit, some vegetables, and cooked leftovers) within 2 hours
- » Thaw frozen food safely in the refrigerator, in cold water, or in the microwave

