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SP459-D Household Cleaning - The Kitchen

The University of Tennessee Agricultural Extension Service

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Agricultural Extension Service
The University of Tennessee
SP 459-D

Household Cleaning

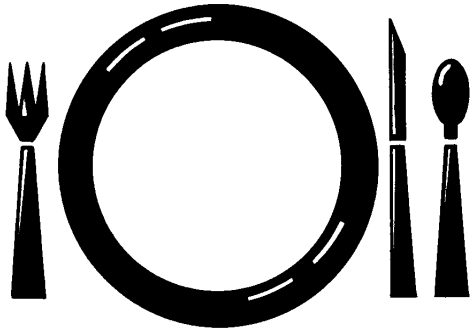
The Kitchen

Why a Clean Kitchen?

The kitchen may be the most important room in your house — especially if you and your family like to eat. A clean kitchen can help prevent accidents and food poisoning from spoiled foods or unwashed equipment. A "clean as you work" rule helps make the job of after-meal cleaning easier, and the kitchen will always be clean.

Why Clean Dishes?

- Clean dishes help make meals more appealing.
- Clean dishes help keep your family healthy by removing germs that cause food poisoning.
- Food looks better on clean dishes.



Supplies Needed

- Hot water
- A pan or sink
- Dishwashing detergent
- Scouring powder
- Scouring pad
- A clean cloth or sponge
- Drain rack

Prepare Dishes

- Cover leftover food. Put it in the refrigerator immediately.
- Scrape dishes. Throw scraps into garbage can or waste disposal so they won't get in the dishwasher or dishpan.
- Wipe greasy pans with paper before you soak or wash them.
- Soak greasy or sticky pans in hot water. Do this as soon as pans are empty.
- Fill dishpan or sink with hot soapy water.

Do the Job

First, wash the inside and the outside of glasses and cups. Rinse with very hot water. Turn upside down to drain in rack.

- Next, wash knives, forks and spoons. Rinse with very hot water. Drain.
- Wash and dry sharp knives one at a time. Hold knife by the handle to wash and dry.
- Wash other dishes. Rinse with very hot water. Hot water helps kill germs.
- It is best to let dishes air-dry to reduce the germs from handling. But if you want to hand dry, be sure that dish towels are clean.
- Put dishes away.
- Now wash cooking pans. You will need clean, hot, soapy water. If food sticks to pans, use scouring powder or scouring pads.
- Rinse and air-dry pans on rack.
- Put pans away.

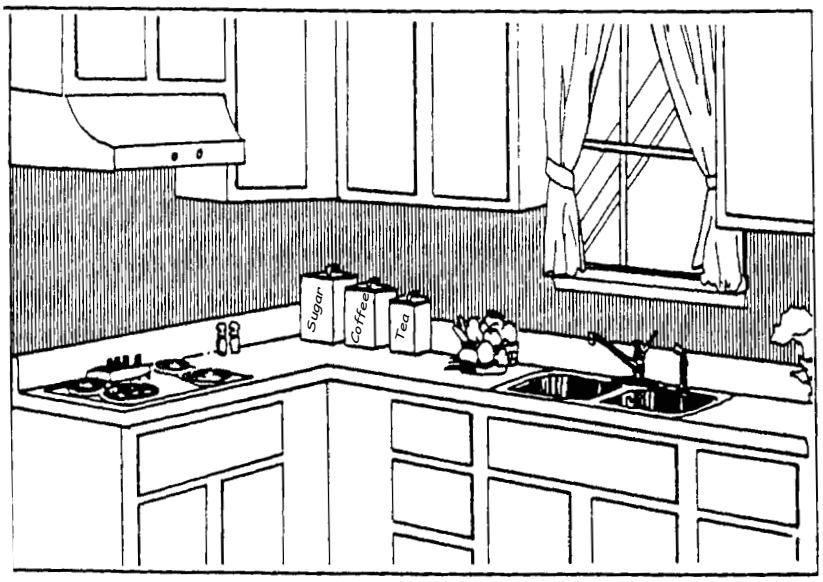
If a dishwasher is available for your use:

- Scrape dishes.
- Load dishwasher following manufacturer's directions.
- Use automatic dishwasher detergent since it makes little or no suds.

Clean Up

- Tidy and wash countertop, range, appliances and tabletop.
- Empty sink or dishpan. Do not throw dishwater into the yard. It draws flies and other insects.
- Clean the sink with a scouring powder or other cleaning product.
- Wash and rinse dishcloth, squeeze out water and hang it to dry.
- Sweep or damp-mop kitchen floor and around eating table if necessary.
- Empty garbage can every day.

This factsheet was originally developed by Nayda I. Torres, Associate Professor, Family and Consumer Economics, Institute of Food and Agricultural Sciences, University of Florida. The material has been adapted for use in Tennessee by Martha Keel, Associate Professor, Family and Consumer Sciences – Housing and Environmental Health.



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Charles L. Norman, Dean