

## 4-H SUPPLEMENTAL MATERIAL

# SANITIZING DISHES

- Clean dishes help keep your family healthy.
- Dirty dishes carry germs and spread disease.
- The kitchen looks better when it is not cluttered with dirty dishes.

## GET DISHES READY FOR WASHING

**After Cooking, Start Cleanup.** Soak pots and pans when you empty them. This makes them easier to wash. Use hot water in greasy or sugary pans. Use cold water for soaking pans that have had milk, eggs, or flour in them.

Wipe up water or grease spilled on the floor or range.

**After Eating, Follow a Cleanup Routine.** Clear the table. Cover and put leftovers in the refrigerator. Put bread in a bread wrapper. Scrape dishes. Place scraps into a garbage container or down the garbage disposal.

Fill dishpan or sink with hot water. Put in some soap or detergent. The water should be as hot as your hands can take. Rubber gloves will protect your hands from the hot water and the detergent. Hot water helps get rid of grease on your dishes and gets dishes cleaner.

Prepare a sink or rinsing pan filled with hot water. (Fig. 1)

Prepare a sanitizing rinse pan containing 1 tablespoon of chlorine bleach for each gallon of cool water. (Fig. 1)

## TO WASH THE DISHES

- Use a dishcloth or sponge to wash each dish on both sides.
- Wash glasses inside and out.
- Wash dishes in this order:
  - Glasses
  - Silverware
  - Plates, cups, saucers, and small dishes
  - Serving dishes and platters
  - Cooking utensils

You can keep the dishwater clean longer if you leave the dirtiest pieces for last.

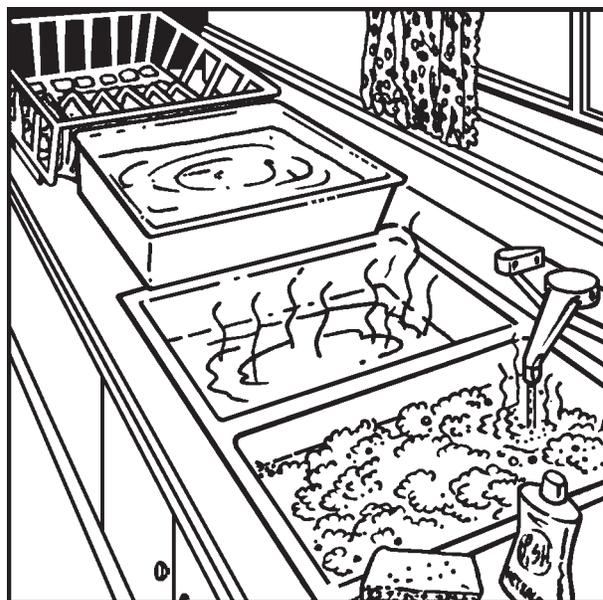


Fig. 1.

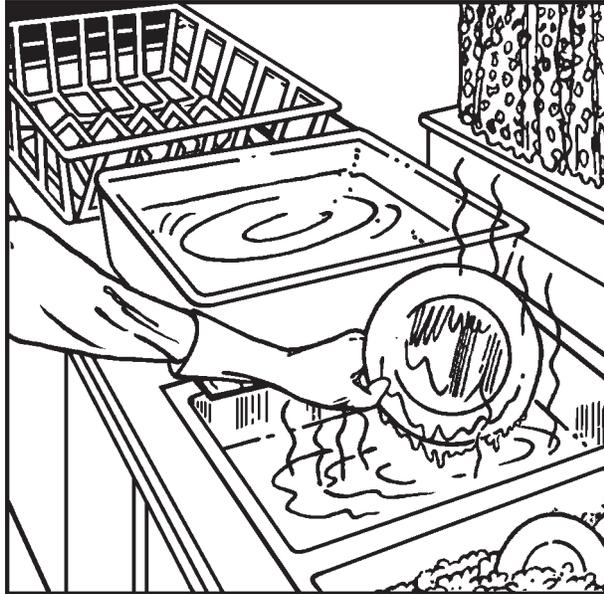


Fig. 2.

### **TO RINSE THE DISHES**

- Rinse dishes in hot water in a pan or in one side of the double sink.
- Use rubber gloves to lift dishes out of the hot water. (Fig. 2)
- Then, rinse dishes in sanitizing rinse solution. The chlorine solution kills microorganisms which can cause foodborne illness. This step is essential whenever food is served to the public.

### **TO FINISH THE DISHES**

Let dishes air-dry, or dry them with a clean towel. Air drying is safest and easiest if the dishes are protected from dust, flies, and pets. While dishes dry, cover them with a clean, dry towel. (Fig. 3)

Put dishes into storage shelves and drawers.



Fig.3.

### **CLEANUP JOBS AFTER DOING THE DISHES**

Wipe table top, countertops, and range with cloth which has been dipped in sanitizing rinse solution.

Wipe table edges and chairs if needed.

Dispose of water used to wash and rinse dishes. Clean sink and/or dishpan.

Use scouring powder only when necessary. Remove stains with bleach mixed with water.

Wash and rinse the used dishcloth or sponge. Hang the dishcloth to dry. Put away all dishwashing supplies.



**4-H** 

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