

# CLEANING AND SANITIZING: **DO THE 2 STEP**



## **STEP 1. Clean**

Clean equipment and work surfaces with hot, soapy water. Rinse thoroughly.



## **STEP 2. Sanitize**

Sometimes chemicals are used for sanitizing and sometimes high temperature is used.

- Sanitizing buckets are used in all production and service areas. The sanitizing solution is changed frequently because it loses effectiveness when it becomes contaminated with food particles.
- Test strips are used to verify the chemical concentration for sanitizing solutions. Record results.
- Dishmachine chemical concentration or temperature is checked and recorded at each meal. If a high temperature dish machine is used, a temperature sensor is used at each meal to verify the rinse temperature.

IOWA STATE UNIVERSITY  
Hotel, Restaurant, and Institution Management

For more information, go to:  
<http://www.iowahaccp.iastate.edu>



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# ***A Guide to Food Safety***

**for School  
Foodservice  
Employees**





# Congratulations, you are a member of the School Food Safety Team — **YOU CAN PREVENT FOODBORNE ILLNESS.**



## HANDWASHING IS BASIC

### How do you wash your hands?

- Use a designated hand sink.
- Use soap and hot water, and vigorously rub your hands together for 10-15 seconds—or the time it takes to sing "Happy Birthday" twice.
- Turn off the faucets by using a single-use paper towel.
- Dry your hands with another single-use paper towel.

### When do you wash your hands? **OFTEN!**

- Before beginning work shift
- Before returning to work after a break
- Before putting on single-use gloves
- Before each new work task
- After eating or drinking
- After using the restroom
- After sneezing, coughing, or using a tissue
- After you have touched any part of your body, such as your hair, ears, nose, or mouth

## TEMPERATURE AND TIME

**Temperature and time are critical factors in foodservice. It is important to keep food out of the TEMPERATURE DANGER ZONE.**

Here are some temperature and time guidelines that are followed in our school foodservice:

- Hot foods are held above 135°F.\*
- End-point cooking temperatures are taken for all hot food items.
- Leftovers are reheated to 165°F.
- Cold foods are kept below 41°F.
- Temperatures for refrigerators, freezers, cooking, and serving are taken and recorded.
- Ingredients for recipes or menu items to be served cold are chilled before preparation.
- Thawing is done in the refrigerator.

\* Based on the 2005 FDA Food Code. Contact your local health department for guidelines in your area.

