



Family & Consumer Sciences

Cent&ible Nutrition Program

Helping Families Eat Better for Less



Food Safety Tips: Sanitizing Solution

The following sanitizing solution is perfect for cleaning countertops, unopened food cans and other hard surfaces that need sanitized. Use rubber gloves to protect your hands and keep solution out of reach of children. It is important to **NEVER** mix bleach with ammonia or any other cleaner.

Sanitizing Solution

1. Fill spray bottle with cool water.
2. Dip the dry sprayer stem in bleach, coating at least $\frac{3}{4}$ of the stem.
3. Immediately dip the coated stem in water bottle. Make sure the stem is far enough inside the bottle for the bleach to get in the water.
4. Repeat dipping stem in bleach and water bottle 2 more times (total 3 times).
5. Attach bottle lid tightly and shake

Make a fresh bottle of solution weekly.

Other Food Safety Tips:

- At the grocery store, check all food to be sure it's safely packaged before buying. Do not buy torn or broken packages, bulging cans, or cracked eggs.
- Put food away as soon as you get home from the grocery store.
- Keep raw eggs, raw meat, poultry, seafood, and their juices separate from other foods.
- Keep the freezer temperature at 0°F or below and the refrigerator at 40°F or below.
- Use plastic or wooden cutting boards. Be sure to clean thoroughly between foods. Sanitize using 1 teaspoon of unscented chlorine bleach to 1 gallon of water. Do not rinse, air dry.
- If meat juices spill onto the counter, wipe with hot, soapy water. Sanitize and air dry.



This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, in Wyoming call 800-457-3659 or contact your local social services office. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202)720-6382 (TTY).