

A Healthy Kitchen Starts With What You Can't Always See



Aspect of Kitchen Maintenance	Description	Recommended Practices
Surface Sanitation	Cleaning visible dirt and reducing microbial contamination on preparation areas like countertops, cutting boards, and sinks to safe levels.	Use food-safe sanitizing agents after cleaning. Pay special attention to high-touch areas like faucet handles and appliance controls.
Appliance Maintenance	Ensuring the safety and efficiency of tools like refrigerators, ovens, and range hoods through regular cleaning and calibration.	Maintain refrigerator temperatures below 40°F, clean spills immediately, and replace range hood filters every 1-3 months for optimal ventilation.
Refrigerator and Pantry Organization	Managing food storage to avoid cross-contamination and spoilage while optimizing airflow and maintaining freshness.	Store raw proteins on the lowest shelf, rotate stock by expiration, and use airtight containers for dry goods to prevent pests and moisture intrusion.
Waste Management	Reducing microbial activity and minimizing pest attraction through proper disposal and maintenance of garbage storage areas.	Empty organic waste frequently, clean bins with disinfectants regularly, and inspect for structural vulnerabilities that allow pests entry.