

## Fact Sheet

# Food Preparation - Cleaning and Sanitising

Food safety is easier when a food business keeps its premise clean and ensures all its food contact equipment is correctly cleaned and sanitised. Cleaning and sanitising is also a requirement of the Australia New Zealand Food Standards Code (the Code), and all food businesses must comply with the Code.

### What is cleaning?

Cleaning is the process of using a **detergent and water** to remove residual food matter, dust, grease, dirt, stains and smelly odours from all surfaces, fixtures, utensils and equipment.

### What is sanitising?

Sanitising is the process of **killing food poisoning bacteria** by using **heat and/or chemicals**. This process must be used on food contact surfaces so that the number of bacteria is reduced to a level that is safe for food contact and does not allow infectious diseases to be passed on.

**Cleaning and Sanitising are generally separate processes.  
A surface should be thoroughly cleaned before sanitising.**

Sanitising is not as effective if a surface is still dirty or detergents are still present.

### Six steps to effectively clean and sanitise

- 1. Pre-Clean** Remove dirt and food by sweeping, scraping, wiping or rinsing with water. Don't forget to take equipment apart at the start if needed.
- 2. Wash** Use warm water and detergent. Soak if needed.
- 3. Rinse** Rinse off detergent and any remaining food or dirt.
- 4. Sanitise** Sanitise to eliminate/reduce microorganisms to safe levels.
- 5. Final Rinse** Rinse off sanitiser if needed.
- 6. Dry** Air dry or use a single use towel or clean tea towel.

### Frequently Asked Questions (FAQs)

- > What are disinfectants then?
- > If I use heat to sanitise, how hot does it need to be?
- > What chemicals can I use to sanitise and how do I know if I'm using it correctly?
- > Can I use chemicals that are combined detergent-sanitisers?
- > What about using dishwashers to clean and sanitise?

Information on these questions can be found at: [www.sahealth.sa.gov.au/foodstandards](http://www.sahealth.sa.gov.au/foodstandards).

### For more information

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