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10 Critical Ways To A Perfectly Food-Safe Kitchen

By Terry Nicholls

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Food poisoning is related to unsafe food, a dirty kitchen, and dirty kitchen appliances. If you follow some safety rules, food poisoning will never occur.

Your Refrigerator

1. Freezing does NOT kill bacteria; it only controls their growth. Common bacteria grow rapidly at 60° F to 120° F. Keep the temperature of the refrigerator below 50° F. Keep the freezer temperature at about 0° F.
2. Don't take foods out of the refrigerator until you're ready to cook them.

Dishwashing

3. Clean well with hot water to kill bacteria.
4. If washing dishes by hand, leave them to drain rather than using a tea towel. If you use a tea towel, change it often. Paper towels are a better option.
5. Dishcloths are a prime spot for bacteria to grow and multiply. Wash them regularly with hot water or in the washing machine using the hot cycle with antibacterial products.

Cooking

6. Cook thoroughly to kill bacteria but don't overcook to the point of charring. It may form amine compounds that may cause cancer. Don't cook food partially and leave it to cook later.
7. Wash your hands thoroughly with an antibacterial soap before and after cooking.

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8. Wash vegetables thoroughly. Wash all lentils, legumes, rice, etc. with lots of water. These are often treated with powder, polish, and even colors, to make them attractive.
9. When you want to use leftovers, heat them to a high temperature so that any bacteria that may have multiplied in the refrigerator will be killed. Throw away any leftover food still left after it has been reheated once.
10. Don't cook if you have a cut on your hand as cuts and scratches harbor many bacteria.

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Terry Nicholls is the author of the eBook "Food Safety: Protecting Your Family From Food Poisoning". For more tips like these, and to learn more about his book, visit his website at

The Importance Of Keeping Your Kitchen Clean

By Jordi Shoman

Neglecting to clean your kitchen on a regular basis can have detrimental consequences on your family. Since the kitchen is where our food preparation is performed, avoiding the cleaning of the area can result in food poisoning from cross contamination and other such harmful things. As such maintaining a hygienic kitchen environment is essential. This involves the wiping of counter tops and cleaning of any items used in the preparation or consumption of the food. Leaving food covered kitchen utensils around allows harmful bacteria to grow and spread throughout your kitchen. If you have small children, keeping your kitchen clean should become all the more vital as children can be rather curious and may be inclined to eat something that has been sitting out for quite some time gathering bacteria.

There are many products available on the market that one can use to disinfect their kitchen space. Some may be better than others but as long as they have a sterilizing agent in them, they will be sufficient for cleaning your kitchen. It is suggested that you clean your kitchen at least once a day with whatever disinfectant you choose. There are an abundance of other hygienic tips that help to prevent food poisoning that one should follow in the kitchen as well. Since your hands and food act to contaminate each other, it is important that you wash them with anti-bacterial soap previous to and following the handling of risky foods. Utilizing different utensils for raw and cooked foods is necessary as well. It is also crucial that appliances, and not just counter tops and dishes, be cleaned regularly. Refrigerators should be scoured at least once a month and ovens, microwaves and other appliances should be cleaned whenever they show signs of filth. Changing towels in your kitchen is a must as well, as they become havens for bacteria when damp.

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