



# Before you Begin

## Cleaning and Sanitizing

- Kitchen safety and food safety are key components of the *Let's Get Cookin'!* Program.
- Proper handwashing is an essential part of the program. Programs must have access to a sink. Temporary handwashing stations can also be set up to ensure adequate access to handwashing during the program and includes:
  - A portable container with spigot | tap containing warm potable water.
  - A bucket or bin to collect discard water.
  - Hand soap, paper towels for drying hands, and garbage can.
- Proper [safe food handling](#) principles need to be followed during the program to minimize any potential food safety risks.
- The room used to facilitate the sessions will require cleaning and sanitizing before and after each cooking session.
- A food grade sanitizing agent is required.
  - Acceptable sanitizing solutions include either chlorine (bleach) or quaternary ammonium compound (quats). Quats are typically used for school-based programs.
  - Check with your agency's administration for procedures on sourcing and using food grade sanitizer.
  - These products must be mixed to the proper concentration before using them. Follow the manufacturer's instructions. Ensure you have Safety Data Sheets (SDS) for the product used and are aware of and follow safety precautions (e.g., safety goggles and gloves for handling undiluted quats).
- Dishes will need to be cleaned and sanitized after each session using the three (3) sink method or using a commercial grade dishwasher that meets the [Ontario Food Premises Regulation](#).
  - If you do not have a 3-compartment sink, you will need one or two (1-2) bins to ensure you can wash, rinse and sanitize in a separate sink/bin.
  - Any commercially available dishwashing soap is appropriate for the 3-sink method.
- Detailed information about cleaning and sanitizing can be found under Cleaning and Sanitizing Dishes, Pots and Equipment Orientation Session.