Cleaning and Sanitising

CITY OF GREATER BENDIGO

How to sanitise equipment using a double bowl sink:

In one side of the sink, fill with hot water and detergent. In the other side, dilute a suitable food grade sanitiser with cool to luke warm water. Wash the equipment in the hot soapy water. Once clean, immerse the equipment in the diluted food grade sanitiser. Once sanitised, the equipment and utensils may need to be rinsed (read sanitiser's instructions to determine if this is needed). After sanitising and/or rinsing, allow the equipment to air dry.

Chlorine based sanitisers may require a 3 - 10 minute contact time on the surface before rinsing with clean water.

What is a suitable food grade sanitiser?

Food grade sanitisers can be purchased from cleaning and chemical stores. It is best to choose an easy to use product that is clear, odourless and no-rinse. Spray and wipe products from the supermarket are not suitable food grade sanitisers.

What are the requirements?

Food businesses must ensure all staff members understand the importance of cleaning and sanitising food contact surfaces. All food contact surfaces must be cleaned, then sanitised before and after use. Cleaning and sanitising are important steps to prevent the growth and spread of microorganisms, many of which may cause food poisoning illnesses. It is a legal requirement for food businesses to maintain all surfaces including fixtures, fittings and equipment in a clean condition.

What is Cleaning?

Food businesses must maintain their premise in a clean condition, where all fixtures, fittings, equipment and surfaces have no accumulation of food waste, dirt, grease, grime or other visible matter. A clean surface must be clean to touch and free of visible matter.

What is Sanitising?

Sanitising is the process of applying chemicals and/or heat to a clean surface, in order to reduce the number of microorganisms to a safe level. Sanitising can be achieved by using a suitable food grade sanitiser, or a commercial dishwasher. Manually rinsing with hot water is not suitable. Sanitising must be performed on all food contact surfaces including equipment, utensils and bench tops.

How do I clean and sanitise food contact surfaces?

1. Pre-clean - wipe away any food scraps and debris.
2. Wash - use hot water and detergent to remove grease and grime. Soak if needed.
3. Rinse - rinse with water to remove debris and detergent foam.
4. Sanitise - immerse in or apply a diluted food grade sanitiser.
5. Rinse - rinse off the sanitiser (read sanitiser's instructions to determine if this is needed).
6. Dry - allow the surface to air dry.

How can I use a dishwasher?

Sanitising with heat can only be achieved by using a commercial dishwasher. The temperatures and times required to effectively sanitise equipment and utensils are listed in the table below. It is important that dishwashers are cleaned and serviced regularly.

Temperature	Time
80˚C	2 Minutes
75˚C	10 minutes
70˚C	15 minutes

If using a domestic dishwasher, you must be able to demonstrate that it can achieve the required time and temperatures (see table above) for effective sanitising.

Vinegar & methylated spirits as sanitisers?

Vinegar and methylated spirits are not effective as sanitisers and must not be used. Vinegar is not effective in killing micro-organisms. Methylated spirits leave a chemical residue that is dangerous if ingested.

Inspection of your premises:

Authorised officer's undertake annual inspections of all food premises. If issues are identified with your cleaning and sanitising processes, the officer's will work with you to ensure correct processes are followed.

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What if my dishwasher stops working?

If your dishwasher stops working, you are required to manually clean, then sanitise the equipment and utensils. You must use a suitable food grade sanitiser that can be diluted into a sink. This is an important process of which all staff members must be able to follow. Refer to the front page of this fact sheet for instructions on sanitising within a double bowl sink.

Chemical sanitisers

Chemical sanitisers are generally chlorine or ammonium based compounds. It is important, when using chemical sanitisers, that the product is designed for use on food contact surfaces. It is important to know the difference between disinfectants and sanitisers. If a product specifies it's a disinfectant anywhere on the label, it is NOT a food grade sanitiser. In addition, some products although called "sanitisers" are not suitable food grade sanitisers.

Here are some important points to know about chemical sanitisers:

- Sanitisers should not contain dye, colour or fragrance
- Sanitisers should only be used with cool/lukewarm water Chemical sanitisers may be ineffective when used with hot water.
- Sanitisers must not be stored in direct sunlight, hot areas or be kept past their expiry date.
- All chemicals must be labelled and stored away from food products. This includes spray bottles of chemicals.
- Chlorine based sanitisers must be remade regularly (recommended daily) as they lose their effectiveness over time.

Chlorine based sanitisers:

There are a range of chlorine based sanitisers available for sale. It is important to note whether the chlorine based sanitiser is required to be left on the surface for a period of time before rinsing. If so, **the surface contact time is generally between 5 - 10 minutes** before rinsing. If a surface contact time is required, the product is not suitable for use at events. The following table represents the dilution rates for most chlorine based sanitisers. Please note that ppm = parts per million.

How Much Water	How much chlorine based sanitiser?	
	4% chlorine	10% chlorine
Concentration required ppm	100ppm	100ppm
1 Litre	2.5ml	1ml
5 litres	12.5ml	5ml
10 Litres	25ml	10ml
50 Litres	125ml	50ml

Ammonium based sanitisers:

Ammonium based sanitisers can be used as food sanitisers as long as they contain between 4% and 6% ammonium. Ammonium based sanitisers generally do not have to be rinsed off the surface, making them ideal for fixed and temporary food premises.

Infectious diseases outbreak and clean up:

After an infectious diseases incident (food poisoning or viral gastro) or detection of particular microorganisms a full clean-up of a premises is required using a chlorine based sanitiser. This is because many viruses are not killed by normal food grade sanitisers. Your Environmental Health Officer will instruct you on the correct dilution rates and procedures required.