



NEUTROPENIC DIET: HOME SANITATION GUIDELINES

Personal Hygiene

- Wash hands with soap and warm, running water for 20 seconds before and after every step in food preparation.
- Wash hands before eating, after using the rest room, handling garbage, touching pets, etc.

Work Surfaces and Kitchen Equipment

- Use separate cutting boards (plastic suggested) for cooked foods and raw foods.
- Wash cutting boards after each use in hot, soapy water or in the dishwasher. Sanitize boards weekly using a dilute bleach solution.** (**Solution: Mix 1 part household bleach to 10 parts water). Let the boards air dry.
- Keep appliances free of food particles. Check the microwave oven, toaster, can opener, and blender and mixer blades. Blender blades and bottom ring should always be removed when washing the jar. Wash can openers before and after use. Sanitize these items with a dilute bleach solution.**
- Keep counter and kitchen surfaces free of food particles. Sanitize using a dilute bleach solution.**

Sink Area

- Have soap available for hand washing.
- Use paper towels for drying hands.
- Replace dishcloths and dish towels daily.
- Replace sponges at least weekly.
- Sanitize sponges daily in a dilute bleach solution ** or run through the dishwasher.
- Do not store food supplies under the sink. Do not store chemicals and cleaning solutions near or over food supplies.
- Use liquid dish soap when hand washing dishes, pans and utensils by hand.

Refrigerator/Freezer

- Keep the refrigerator clean. Clean spills immediately. Sanitize shelves and doors weekly using a dilute bleach solution.**
- Maintain refrigerator temperature between 35° and 40° F.
- Maintain freezer temperature below 5° F.
- Store all food in covered containers after cooling. First, cool hot foods uncovered in the refrigerator; cover storage containers after cooling. Make sure that covers

seal tightly. Freeze what will not be used within the next 2-3 days. Discard all refrigerated prepared foods after 72 hours (3 days).

- Discard eggs with cracked shells.
- Discard foods older than their “use by” or expiration dates.
- Discard entire food packages or containers with **any** mold present, including yogurt, cheese, cottage cheese, fruits (especially berries), vegetables, jelly, and bread and pastry products.
- Discard freezer-burned foods.

Cupboards/Pantry

- Make sure food storage areas remain clean.
- Discard without tasting or opening all bulging, leaking or cracked cans, or those deeply dented in the seam area.
- Rotate food stock so older items are used first. Monitor expiration dates. Do not use foods past the expiration dates.
- Do not consume any home canned foods with bulging lids, broken seals or any food that has a bad odor or unusual characteristics after opening. Home canned foods need to be used within one year of canning.