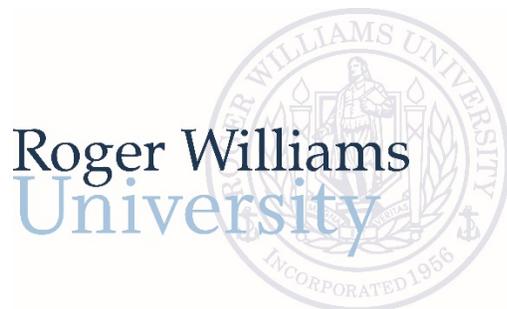


# Caring for Your RWU Kitchen



1 Old Ferry Road  
Bristol, RI 02809  
Fall 2021

# Kitchen Care Components

## Suggested Kitchen Cleaning Routine



Information for keeping your kitchen clean – how frequently to clean, which areas to clean, and cleaning / disinfecting product safety information

## Moisture Management



Information for keeping your kitchen dry – reducing humidity, keeping surfaces dry, and keeping items dry

## Concerns and Resolutions



How to resolve common concerns with kitchen cleanliness, and how to reach out to Facilities with more significant concerns

# Suggested Kitchen Cleaning Routine

## Why Clean Your Kitchen?

- Regular cleaning prevents **biofilm**. Biofilm is a sticky substance created by bacteria. It is usually pink, orange, grey, or brown in color. Biofilm can be hard to clean because it is sticky and usually needs to be scrubbed vigorously with a sponge. Biofilm can develop on dish drying racks and other surfaces that are routinely wet.
- Regular cleaning prevents **germ spread**. Bacteria love warm, wet environments like kitchens and regular cleaning helps remove bacteria and prevent growth and spreading.
- Regular cleaning is essential in preventing **foodborne illness and food poisoning**. Using clean utensils, cookware, prep surfaces, and appliances helps prevent the transmission of bacteria.

## Suggested Cleaning Frequency

We suggest cleaning your kitchen after each use, and deep cleaning your kitchen weekly. Your kitchen may need more frequent cleaning if:

- You notice visible dust/dirt, biofilm, or fruit flies/other pests
- Someone in your residence is ill
- Water or ingredients splashed or spilled while cooking

## Suggested Cleaning Routine (after each kitchen use)

### Electrical Safety Note:

Unplug appliances prior to cleaning. Do not get appliance plugs or cords wet or soapy.

- Turn on kitchen light/exhaust fan while cleaning.
- Using warm soapy water:
  - Wash all dishes, utensils, and cooking prep materials that have been used.
  - If you are not able to wash these items right away, rinse them with warm water in the sink and leave them in the sink until you wash them, so you know they need to be washed.

- Place clean items on a dry towel or dish rack to dry.
- Using warm soapy water or a household-strength kitchen cleaning product (see below for safety information):
  - Wipe down and dry any appliances or countertops used during food prep.
- Wipe up any spilled water or ingredients. Dry any puddles of water (behind the sink faucet, countertops, etc.)
- Place any food waste in the kitchen trash. Rinse any empty recyclable containers (cans, jars, bottles) and place in kitchen recycling bin. Take out the trash and recycling if the containers are full.
- Wait approximately 15 minutes before turning light/fan off.

### Suggested Deep Cleaning Routine (weekly)

#### Electrical Safety Note:

Unplug appliances prior to cleaning. Do not get appliance plugs or cords wet or soapy.

- Turn on kitchen light/exhaust fan while cleaning.
- Make sure all appliances are turned off, unplugged, and are cool to the touch before cleaning.
- Using warm soapy water:
  - Wash all dishes, utensils, and cooking prep materials that have been used.
  - Place clean items on a dry towel or a dish rack to dry.
- Using warm soapy water or a household-strength kitchen cleaning product (see below for safety information):
  - Wipe down and dry sink basin, faucet, handles, and counter tops.
  - Wipe down and dry stovetop, microwave (inside and outside), and wash microwave plate.
  - Wipe down and dry refrigerator/freezer handles, shelves, and drawers.
  - Wipe down and dry any additional appliances you may have.
  - Wipe down and dry your dish rack (if you have one). Dish racks that are not cleaned and dried regularly can develop **biofilm**.
- Sweep or wet wipe/mop kitchen floor.
- Place fresh hand towels, dish drying towels, and/or cloth floor mats in front of the sink.

- Wash and dry used towels (use warm or hot water).
- Wipe down floor mat with warm soapy water or household-strength kitchen cleaning product if plastic / rubber.
- Check refrigerator/freezer for uneaten food, expired products, etc. and dispose of these items in the trash.
- Take out kitchen trash and recycling.
- Wait approximately 15 minutes before turning light/fan off.

## Suggested Cleaning Materials

- **A two-sided sponge (soft side and “scrubby” side).**  
Rinse out and wring out the sponge after each use.  
Replace the sponge routinely.
- **Dish soap (designed for hand cleaning dishes)**
- **If desired: a household-strength kitchen cleaning / disinfecting product.**



### IMPORTANT CHEMICAL SAFETY NOTES:

- **Call RWU PUBLIC SAFETY in the event of a chemical spill or exposure: 401-254-3333**
- Never mix different kitchen cleaning products together, especially bleach and ammonia-based products. Mixing chemicals together can generate heat/explosions, or create dangerous gases which can cause severe respiratory damage.
- Always use products according to the manufacturer’s instructions. Only use the amount recommended by the manufacturer. Check manufacturer recommendations for ventilation and personal protective equipment.
- Always have the kitchen light and fan on while using cleaning / disinfecting products.
- Store products in closed containers under the sink or in other protected spaces.
- Never eat or drink while using cleaning / disinfecting products.
- Never consume cleaning / disinfecting products or apply to your skin, eyes, or body.



- Always wash your hands after using cleaning / disinfecting products.

## Moisture Management

Wet and damp kitchens can develop odors, mold/mildew, and bacterial growth. Moisture management is key to preventing mold, mildew, and microbial growth.

### Controlling Relative Humidity (Wet Air)

- **Always use the kitchen light and exhaust fan when cooking.**
- Leave the fan and light on for approximately 15 minutes after cooking to allow the moist air time to ventilate.
- Cover pots and pans with lids while cooking when appropriate.

### Hand Towels and Floor Mats

- Launder your hand towels and cloth floor mats on a regular basis using warm or hot water and dry completely.
- Place a towel or floor mat in front of the kitchen sink to prevent puddling on the floor.
- Always hang towels flat to dry using a hook or towel bar.

### Sinks and Countertops

- Clean and wipe dry after each use
- Check the area behind the kitchen sink faucets for water accumulation.

### Trash and Recycling

- Rinse recyclables before placing into container.
- Dispose of trash and recycling at least weekly, or when containers are full.
- Use plastic trash bags to line the trash and recycling containers. Trash bags capture liquids and prevent odors / reduce pest attraction.

# Concerns & Resolutions

## A note on biofilm development in sinks and dish drying racks:

If you notice a pinkish/orange stain around your sink or on your dish drying rack, you may have developed the beginning of a biofilm. Biofilm is sticky but can usually be cleaned with regular household cleaning / disinfecting products and a sponge. Please apply your kitchen cleaning / disinfecting product as described in product manufacturer instructions and scrub vigorously with a sponge. Rinse with water. Moving forward, clean the sink/drying rack more frequently (see “Suggested Kitchen Cleaning Routine” section).

## Please place a work order for these types of concerns:

- Kitchen exhaust fan not working (HVAC)
- Biofilm you are not able to resolve (Custodial)
- Suspected mold/mildew growth (Custodial)
- Dripping faucet (Plumbing)
- Fruit flies or other pests (Custodial)
- Stove, refrigerator, or microwave not working (HVAC)
- Clogged or slow sink drain (Plumbing) **\*please do not use chemical product to try to resolve yourself\***



## Please call Facilities Management for these types of emergency situations (Public Safety if after-hours):

- Sink leak due to pipe or faucet component breaking (significant water flow that you cannot stop)

**Facilities Management: 401-254-3136**

**Public Safety: 401-254-3333**

## Contact Us

### Department of Residence Life and Housing

<https://www.rwu.edu/undergraduate/student-life/living-rwu/contact-housing>

### Facilities Management Work Order System

<https://www.rwu.edu/who-we-are/administrative-offices/facilities/work-order-system>

### Environmental Health and Safety via Work Order

Choose “Health/Safety” option on Facilities Work Order

## References

Center for Disease Control, “Four Steps to Food Safety: Clean, Separate, Cook, Chill.”

<https://www.cdc.gov/foodsafety/keep-food-safe.html>

Center for Disease Control, “Preventing Waterborne Germs at Home.”

<https://www.cdc.gov/healthywater/drinking/preventing-waterborne-germs-at-home.html>

Environmental Protection Agency, “A Brief Guide to Mold, Moisture, and Your Home.”

<https://www.epa.gov/mold/brief-guide-mold-moisture-and-your-home>

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