

CLEANING *AND*
DISINFECTING UTENSILS
AND SURFACES
IN **RESTAURANTS**
COVID -19



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To support hotel and restaurant professionals with their hygiene and safety practices in the COVID-19 situation, Araven has prepared five guides that focus on the importance of hygiene and food safety in this sector.

- Cleaning and disinfection of food containers and utensils.
- Hygiene and food safety in the handling and preservation of vegetables.
- Hygiene and food safety in the handling and preservation of meat and fish (animal proteins).
- Hygiene and food safety in the handling and preservation of dry foods.
- Hygiene and food safety in the preservation of prepared foods.

Professionals from BCC Innovation, the technology center of the Basque Culinary Center have taken part in preparing the contents of these guides. This project in addition to Araven's sponsorship of the "Food hygiene and safety guidelines" published by the Basque Culinary Center and Euro-Toques.

This initiative clearly highlights the commitment of both institutions to help catering businesses improve their health and safety measures, by proposing general and specific hygiene and food safety measures applicable in restaurants that will help them regain the confidence and trust of their customers.

1 FOOD HYGIENE AND SAFETY

The foodservice industry, just like the rest of the food industry, must apply food safety management systems that adhere to the principles of Hazard Analysis and Critical Control Points (HACCP) to manage the hazards that can affect food safety and to avoid food contamination. For this purpose following the General Food Hygiene Principles established by the Codex Alimentarius⁽¹⁾ is recommended, which includes implementing good hygiene programmes, cleanliness and sanitizing practices, defining food preparation areas, control of suppliers, storage, distribution and transport.

Food hygiene and safety is one of the top priorities in restaurants.

Food safety does not only depend on the state of the food and type of process it undergoes. The materials that come into contact with food also play an important role.

The products made by Araven are designed according to the recommendations laid down in the International Code of Good Food Hygiene and Health Practices (CODEX ALIMENTARIUS).

2 CAN CORONAVIRUS BE TRANSMITTED BY FOODS?

COVID-19 is a respiratory disease mainly spread by contact between people and via direct contact of the nose, mouth or eyes with the micro-droplets expelled when the person infected coughs or sneezes. A person can become infected if, after touching a contaminated surface or object or the hand of an infected person, they then touch their mouth, nose or eyes. ⁽²⁾

To date **it has not been shown that the viruses** that cause respiratory diseases such as COVID-19 **can be transmitted via foods or food containers**, since they need an animal or human host to multiply. ⁽³⁾



3

WHAT ARE THE SPECIFIC HAZARDS IN THE CATERING SECTOR?

Carriers of the SARS-CoV-2 virus, known colloquially as “coronavirus” **can infect other people via respiratory secretions** (coughs, sneezes or droplets expelled while speaking (Flügge droplets). Furthermore, **these droplets can remain on surfaces** and any contact with them can cause **new infections**. In the specific case of restaurants these surfaces can be utensils, work surfaces or the foods themselves.

The persistence of the virus on a surface depends on the humidity and temperature conditions as well as the nature of the surface. At higher temperatures (30° and above) its persistence is lower. A recent study on the survival of the virus, carried out in a laboratory with controlled relative humidity and temperature, has shown that **the survival period can be up to 72 hours on plastic and stainless steel, 4 hours on copper and 24 hours on cardboard**. ⁽⁴⁾



4

WHAT PREVENTIVE MEASURES CAN BE TAKEN IN RESTAURANTS?

To avoid the transmission of the coronavirus in catering services we must:

- » Reinforce hygiene practices among staff.
- » Step up cleaning and disinfecting processes of the facilities, equipment and surfaces, utensils, and food containers.
- » Protect kitchenware and kitchen utensils from environmental exposure.
- » Avoid unnecessary packaging materials (plastic bags, cardboard boxes entering restaurant facilities (storage rooms, kitchen, cold chambers).



5

HOW TO CLEAN AND DISINFECT SURFACES

The World Health Organization reports that deep cleaning of environmental surfaces with **water and detergent and the application of commonly used disinfectants** (such as sodium hypochlorite: bleach) are **sufficiently effective procedures**.

Adequate cleaning and disinfecting of surfaces prevents the spread of coronavirus between people.



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For the disinfecting process to be effective, the surface must be **CLEANED** first with water and detergent and then **DISINFECTED**.

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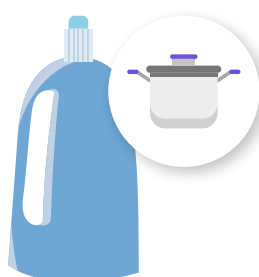
Disinfection of surfaces can be carried out with different products. To disinfect surfaces effectively you can use: 62-71% ethanol, 0.5% hydrogen peroxide, 0.1% sodium hypochlorite (bleach) for 1 minute. Other biocidal agents such as 0.05-0.2% benzalkonium chloride or 0.02% chlorhexadine diglutonate are less effective .⁽⁵⁾

In the case of **stainless steel surfaces** such as tables, supports and machinery, the recommendation is to use **chlorine-free disinfectants**, such as peroxide or phenol disinfectants or any of the virucide products since bleach attacks this material when the surface has a scratch or crack.

PRECAUTIONS to be taken when disinfecting:

Always use **authorised disinfectants**:

- » Choose the type of disinfectant according to the type of surface to be disinfected. (Note: There are disinfectants for environmental use, for the food industry or human hygiene).
- » For surfaces that are going to come into contact with food, use specific disinfectants for food-contact surfaces and materials.
- » To ensure effective disinfection **follow the manufacturer's indications** (always keep technical data sheets).
- » **Do not mix disinfectants** as this may result in toxic effects.



PROPER USE OF BLEACH

When using bleach (sodium hypochlorite) as a disinfectant it is advisable to:

- ✓ Dilute bleach in cold water (hot water reduces its effectiveness).
- ✓ Prepare the solution every day to ensure its disinfecting power.
- ✓ Surfaces should be rinsed with clean water after a sufficient contact time.
- ✓ Do not mix bleach with other disinfectants such as ammonia as this causes toxic fumes.
- ✓ Use 0.1% concentrations of bleach to obtain a disinfecting effect:

PRODUCT	INSTRUCTIONS	REMARKS
50 g/l commercial bleach	Add 20 ml of bleach to 1 litre of water	One tablespoon is approximately 15 - 20 ml
40 g/l commercial bleach	Add 25 ml of bleach to 1 litre of water	

RECOMMENDATIONS regarding cleaning materials:

Whenever possible use **disposable cleaning materials** and avoid cleaning systems that employ fabrics or absorbent materials such as fabric wiping or cleaning cloths.

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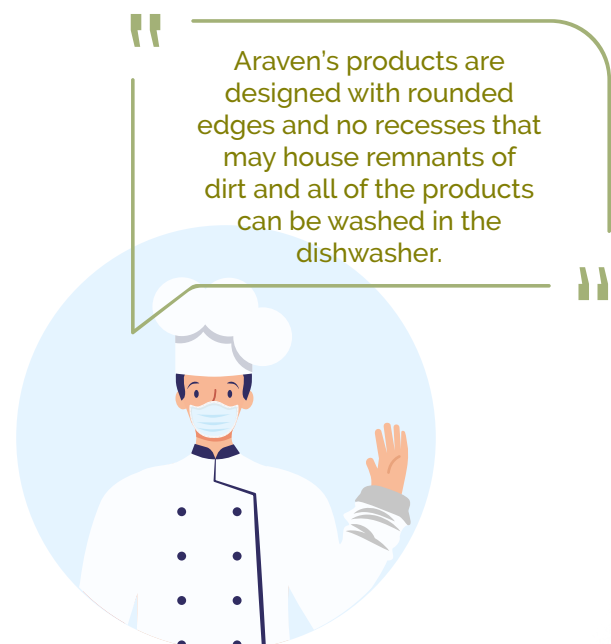
HOW TO CLEAN AND DISINFECT KITCHEN UTENSILS

All **utensils and equipment** used in food storage and handling zones that can come into contact with food **must be made of materials that do not transfer toxic substances, odours or tastes, are not absorbent, are resistant to corrosion and can withstand repeated cleaning and disinfecting operations**. Surfaces must be smooth and have no cracks or dints.

Check the correct functioning of the dishwasher, particularly washing temperatures, as well as the correct doses of chemical cleaning and disinfecting products. Kitchen utensils should preferably be washed in the dishwasher at rinsing cycles that reach a temperature of 80 °C.

If hand washing is required, follow the usual steps (washing and rinsing) and dry with disposable paper towels. ⁽⁶⁾

All tableware, cutlery, glassware, and kitchen utensils should be washed preferably in the dishwasher, including items that have not been used (they may have been in contact with a user).



Araven's products are designed with rounded edges and no recesses that may house remnants of dirt and all of the products can be washed in the dishwasher.

PLASTIC, GLASS AND METAL UTENSILS:

Food safety authorities advise against the use of disinfectants for cleaning glass and plastic containers and cans, since some are porous and allow the disinfectant to pass through them, which can contaminate food and pose a potential hazard for health. Soap and water are recommended to clean this type of material.



Disposable food packaging should not be reused as food containers.



Araven's products help to implement Correct Hygiene Practices in Foodservice establishments, encouraging prevention, reduction, or elimination of possible hazards during different phases of food preparation and handling. They are designed with the aim of minimising the risk of food product contamination. Furthermore, work tools intended for food contact are made with materials resistant to corrosion and easy to clean and disinfect.

7 HOW TO PREVENT KITCHEN UTENSILS FROM BECOMING CONTAMINATED

To prevent/avoid contamination by coronavirus **PROTECT** the following items against **environmental exposure**⁽⁷⁾:

- ✓ All those utensils that are going to come into contact with foods that are not going to be heat treated.
- ✓ Kitchenware (tableware/cutlery) and kitchen utensils when not in use. If this is not possible, always clean them before use, preferably in the dishwasher or by other effective means.

Types of kitchen utensils:

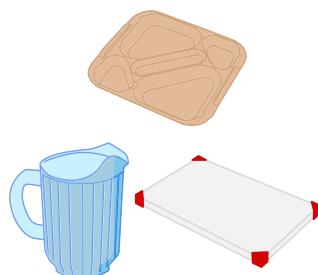
Small sized:

- » Tweezers, cutlery, knives, whisks, pastry cutters, gastronorms, peelers, etc.
- » Scrapers, whisks, spatulas, funnels, silicon spatulas, etc.
- » Small bowls, jars, tableware, etc.



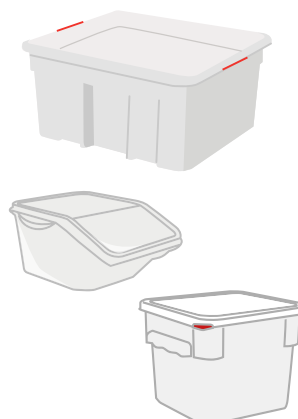
Medium sized:

- » Pots, frying pans, trays, ladles, skimmers, colanders, graters, gastronorms, racks, etc.
- » Bowls, cutting boards, jugs, plates, serving dishes, etc.



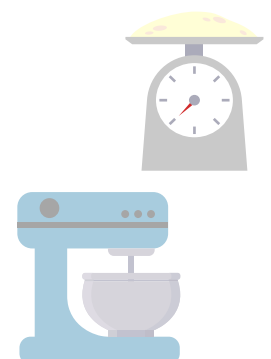
Large sized:

- » Pans, gastronorm trays, containers, etc.



Small equipment:

- » Weighing scales, thermometers, kitchen robots, kneaders, kitchen robot accessories, etc.



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