



**BOSCH**

Invented for life

Bosch kitchen  
Hygiene tips.





## Do you know?

The bathroom may have the reputation of being the dirtiest room in the house, but the kitchen is actually the 'danger zone' filled with germs and bacteria. In fact, your kitchen sink contains 100,000 more germs than your toilet!

Take the following five steps to ensure that your kitchen and your family remain hygienic and healthy.

Do you know?

## Escherichia coli (E. coli)

Type of bacteria that thrives in the intestines of people. E. coli can be contracted by not washing hands after handling raw meat and then using the unwashed hands to transfer the E. coli bacteria to other food. Another source of E. coli infection in the kitchen is using a work surface that has been used to clean or cut meat products to cut other food items, like vegetables, without thoroughly cleaning the work surface with warm, soapy water.

### Step One

#### Wash your hands frequently during the food preparation process

Cross-contamination is the transfer of harmful bacteria from a source to food products, which can cause food poisoning and other diseases. Your hands are one of the greatest causes of cross-contamination in the home, and it is important to always wash them in warm, soapy water before and after handling food. Remove all rings, bracelets and other jewellery as these trap bacteria; then scrub your hands, wrists, between fingers and under your fingernails with warm, soapy water. You can also choose to use anti-bacterial soap for extra protection.

1.



Wet hands and apply soap. Rub palms together until soap is bubbly.

2.



Rub each palm over the back of the other hand

3.



Rub between your fingers on each hand.

4.



Rub backs of fingers (interlocked)

5.



Rub around each of your thumbs

6.



Rub both palms with finger tips, then rinse and dry your hands





Do you know?

# Listeria

Listeria are a group of bacteria that thrive in the kitchen. They are found in contaminated food and are a cause of food poisoning. Listeria have been found in large numbers in certain foods like mould-ripened cheese.

## Step Two

### **Sterilise your dish sponge and dry after every use.**

Kitchen sponges are the number one source of germs in your whole house. A sponge's damp and porous nature offers a cosy home for nasty and harmful bacteria – one bacterium can multiply to more than four million in just eight hours under these conditions.

Keeping your dish sponge dry and sterilising it frequently are critical steps in keeping your family safe.

- Rinse your sponge, wring out all the excess water and leave it to dry after every use. This reduces the growth of bacteria, which thrive and multiply in damp conditions and can spread to your dishes
- Regularly sterilise your dish sponge by one of several methods:
  - Boil it in hot water, placing it in a bleach solution for 5 to 10 minutes
  - Microwave a wet sponge for 2 minutes on high and allow it to dry completely before using it again
  - Place the sponge in a dishwasher, which uses water at temperatures up to °70C in standard cycle – a method proven more effective in killing germs and bacteria
- Replace your dish sponge regularly



## Step Three

### **Change and sanitise your kitchen towels frequently.**

If the dish sponge is the largest breeding ground for germs in the home, your kitchen towel may rank a close second – 89% of kitchen cloths were found to have unsatisfactory or worse levels of bacteria, and 41% were contaminated with *E. coli*.

Several homes surveyed were found to contain *Salmonella* and *Escherichia coli* (*E. coli*). In fact, while most consumers surveyed reported positive attitudes about reducing the risk of foodborne diseases in their homes, an overwhelming majority did not implement food safety practices.

A probable cause of this bacteria growth is drying dishes with a contaminated kitchen towel.

If you don't have a dishwasher, which eliminates the need for a kitchen towel by incorporating a heating cycle to dry the dishes, follow these simple steps to keep your dishes clean and your family safe.

- Use different kitchen towels – one for surfaces, and one for dishes – to reduce the risk of cross-contamination. Make sure they are properly differentiated, so you don't confuse them
- Change reusable kitchen towels frequently and soak them in hot water and disinfectant to clean them

Do you know?

## **Salmonella**

*Salmonella* is a bacterium that is common in the kitchen. *Salmonella* is the genus name for a large family of bacteria with more than 2,500 types. *Salmonella* is transmitted to people through the ingestion of contaminated foods, which include meat, vegetables, cereal, contaminated water and eggs. When such contaminated foods are ingested by people, they risk contracting salmonellosis.





## Step Four

### **Use different chopping boards for raw, cooked and ready-to-eat food.**

It is important to take necessary precautions with your cutting board and ensure that you wash it thoroughly after every use.

- Bacteria can reside in the crevices of chopping boards – so avoid boards made of soft, porous material and use smooth, hard chopping boards made of hard maple or plastic that are free of cracks and crevices instead.
- It is best to use separate chopping boards – one for raw food and one for fruits, vegetables or cooked food.

This prevents bacteria in raw meats from transferring to cooked food. Use a quality antibacterial product that is safe to use on food areas to remove harmful bacteria and viruses on your chopping boards. Plastic chopping boards can also be placed in a dishwasher which has a heating period during the cleaning phase and a dry heat cycle after, sufficient to kill bacteria.

Do you know?

## **Staphylococcus**

Staphylococcal bacteria are often found in food products such as cheese and milk. Salty items such as bacon also draw staphylococcus and allow this group of bacteria to reproduce quickly. Foods that you do not have to cook, such as yoghurt, are especially susceptible to staphylococcus.



Do you know?

## Vibrio vulnificus

Yet another type of kitchen bacteria is *Vibrio vulnificus*. This type of bacteria is actually present in raw seafood in the kitchen. Eating oysters can be especially harmful, particularly for a person who has a chronic liver disease.

This is because oysters are obtained from a seawater environment that is naturally teeming with *Vibrio vulnificus*. Cooking seafood thoroughly prevents the spread of this bacterial infection.

Step Five

### **Eliminate harmful germs with a Bosch dishwasher.**

Dishwashers offer the following benefits:

- Kill germs on dishes to provide maximum protection by utilising high water pressure and water temperatures up to 70°C, coupled with the powerful chemicals of dishwashing tablets, to remove up to 99.9% of bacteria and germs (proven by studies)
- Reduce the risk of cross-contamination because they eliminate the need for dish sponges and kitchen towels



# Bosch Dishwasher vs. Hand washing

It's no surprise that using a dishwasher may seem expensive at first. But you'll be surprised to know just how much energy, water and costs you can save in the long run with a Bosch dishwasher. Not only do our dishwashing solutions score on hygiene and convenience, but they're the safest way to take a load off your sink in no time. And with our world-class energy ratings, you have a winner of a kitchen helper on your hands. Here are just some of the reasons you'll love using a Bosch dishwasher.

## Why modern dishwashers are more advantageous than hand washing

- Ultimate Hygiene
- Better Water and Energy Savings
- Higher Speed
- More Convenience
- Higher Safety





## Discover the easy way to perfect results.

Bosch wants to make life easier for you and your family. With intelligent automatic functions that always get perfect results while saving you time, effort and resources, Bosch home appliances allow you to sit back, relax and do what you love most – spending time with your loved ones.



## Join the conversation.

Bosch's social media presence on Facebook and Twitter keeps you informed about the latest innovations in Bosch appliances that help add quality to life. For our customers, it is an invaluable source of information for everything sustainable that will help make life easier and better for you and your family.

Log on to our website, visit us on Facebook or follow us on Twitter to stay updated, always.



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