Keep the kitchen clean and free from pests

If you leave food, even scraps, out, pests like cockroaches, mice, rats and flies will be attracted to your kitchen. This is a problem because pests bring germs into contact with food and contribute to food spoilage. Wipe over all surfaces with a clean, soapy cloth, rinse this cloth thoroughly with warm water and allow it to dry.

If you don’t wash your utensils after you use them, bacteria will grow on the left-over food. This may then move onto other food touched by these utensils later, and can cause food poisoning. Equipment and utensils should be washed thoroughly with warm, soapy water, and allowed to air-dry. If the utensils are being used straight away, they can be dried with a clean tea-towel.

Having a clean kitchen also makes your guests happy. They see that you take care not to become sick, and will be happy to eat food if you offer it to them. If it was dirty, they may be scared that they will get sick. Other people, like the owner of the house you are renting, will also be impressed if your house is clean because it shows you are proud of it and take care to look after it.

This diagram may be useful as a reminder while refugees settle in and get used to cooking and cleaning procedures.
Keep your Kitchen Clean!