

COMPREHENSIVE GUIDE TO MAINTAIN A SAFE & GERM-FREE KITCHEN SPACE



ABSTRACT

A kitchen is the heart of every home, but without proper hygiene, it can quickly become a breeding ground for harmful bacteria and accidents. This guide provides effective methods to maintain a clean, safe, and germ-free kitchen space, ensuring both health and peace of mind.

INTRODUCTION

Maintaining a hygienic kitchen is not only about aesthetics but also about protecting your household from foodborne illnesses and potential hazards. From proper cleaning practices and safe food handling to organizing appliances and surfaces, every step plays a vital role. This comprehensive guide highlights simple yet essential measures that help create a safe and germ-free kitchen environment for daily cooking and long-term wellbeing.

I. Basic Kitchen Hygiene Rules To Follow

Maintaining proper kitchen hygiene during food preparation is crucial for everyone's health and safety. Whether you're cooking at home, in a commercial kitchen, catering, or a food factory, adhering to these hygiene rules forms the foundation of a robust food safety system. In this article, we will explore ten essential kitchen hygiene rules that will help you ensure food safety and prevent the spread of harmful bacteria.



1. Keep Your Hands Clean

Proper hand hygiene is paramount in the kitchen. Bacteria can easily transfer from raw foods to your hands and contaminate everything you touch. Wash your hands thoroughly throughout food preparation and before and after cooking. Remember to keep your fingernails short and clean. Additionally, ensure that you and your staff wear clean and appropriate uniforms to maintain personal hygiene. Consider providing hand sanitizer stations in convenient locations in the kitchen to encourage frequent hand sanitization.

2. Cook Foods to Completion

Cooking food to the right temperature is vital for eliminating harmful bacteria. Ensure that all food is cooked properly, with a core temperature above 70°C. This temperature kills bacteria like *E.coli*, *Salmonella*, and *Listeria monocytogenes*. Use a food thermometer to check the internal temperature of cooked foods, especially meats. Also, avoid overcrowding the pan when cooking to ensure even heat distribution and thorough cooking.

3. Store Foods Safely

Proper food storage is essential for preventing cross-contamination and keeping food safe. Always keep raw foods separate from ready-to-eat foods to avoid contamination. Use sealable containers for dry goods such as pasta, rice, and flour, and store them in cupboards or on shelves. Keep your refrigerator organized and dispose of any expired items promptly. For longer storage, utilize a freezer to maintain food quality. Remember to label and date items in the fridge or freezer for easy identification.

4. Clean-As-You-Go

Cleaning kitchen countertops and food equipment after each use is a simple yet vital kitchen hygiene practice. Regular cleaning and sanitizing not only maintain cleanliness and tidiness but also prevent the spread of harmful bacteria. Remember, bacteria are invisible to the naked eye. Use appropriate cleaning chemicals and develop a routine to ensure a clean and germ-free environment. Establish a cleaning schedule and assign responsibilities to staff members to ensure thorough and consistent cleaning throughout the day.



5. Avoid Cross-Contamination

Cross-contamination can lead to foodborne illnesses. To prevent this, use separate cutting boards for different food types, such as fish, meat, vegetables, dairy, and bread. Color-coded cutting boards can be helpful in distinguishing between them. Always keep ready-to-eat foods away from raw meats and vegetables. These simple practices significantly reduce the risk of dangerous bacteria spreading. Consider designating specific areas or zones in the kitchen for different food types to minimize the risk of cross-contamination.

6. Clean Cutting Boards

Food residue left on cutting boards can quickly become a breeding ground for bacteria. Clean and sanitize cutting boards immediately after use to prevent bacterial growth and cross-contamination. Use hot soapy water or a mixture of bleach and water to clean the boards thoroughly. Consider using cutting board mats or disposable cutting board sheets for an added layer of protection and easier cleanup.

7. Regularly Clean Your Fridge

A clean refrigerator is essential for food safety. Spills and spoiled food can spread bacteria throughout the fridge. Clean and organize your fridge on a weekly basis, ensuring that expired food is promptly discarded. Remove all items from the fridge, wipe down surfaces with a mixture of water and vinegar, and dry thoroughly.

8. Maintain Clean Basins

Wash and rinse basins are used regularly, making them prone to grime and bacteria buildup. Clean your sink daily by giving it a quick scrub with a scourer and using a suitable cleaner and sanitizer. Pay special attention to the drain area, as it can harbor bacteria. Consider using a sink strainer to catch food particles and prevent clogging. Regularly sanitize sponges and dishcloths or consider using disposable options to minimize the risk of bacteria buildup.

9. Address Grease Build-Up

Greasy surfaces and cookware hinder proper sanitization. Bacteria can hide behind greasy areas, making it difficult to eliminate them. Use a clean cloth and a multi-purpose cleaner to remove grease before applying a suitable surface sanitizer. Opt for degreasers specifically designed for kitchen use. Regularly clean kitchen exhaust hoods and filters to prevent grease buildup, which can reduce air quality and pose a fire hazard.



II. 6 Kitchen Cleaning Habits That Are Actually Making Your Home Dirtier, Cleaning Pros Say

In many instances, cleaning your space incorrectly is going to cause more harm than good. If you're going to spend the time and effort giving your kitchen a good clean, you may as well make sure that you're going about the process properly.

Here, two cleaning experts speak to six common kitchen cleaning habits that are only going to make your space dirtier—be sure to avoid these pitfalls.

Overusing Sponges

Sponges aren't meant to last forever, and many people forget to swap theirs out on the regular, Alessandro Gazzo, a cleaning expert at Emily's Maids, explains.

"I'm not a huge fan of discarding sponges every week because that's bad for the environment and just a waste of product," he says.

Following Your Cleaning Checklist to a T

It's smart to have a general plan of the areas you plan to tackle during each clean, but following the exact same cleaning checklist every time is not a smart practice, Gazzo states. He recommends instead making a habit of three to five fixed tasks every time you clean and then weaving in five to 10 occasional cleaning tasks that you alternate.

Examples of fixed tasks include vacuuming, cleaning your kitchen countertops, and mopping the floors, while examples of occasional tasks include cleaning the baseboards, windowsills, curtains, and the like, Gazzo explains.

Not Cleaning Your Trash Cans

You might not think that the trash can needs to be super clean, but you should indeed be giving it some TLC more often than you might think, Sara Aparacio, Homeaglow's resident cleaning expert, says.

However, the process is pretty straightforward and quick. Just wipe your trash can down using some water and dish soap (a sponge will make this process easier) and add a bit of baking soda after to help remove odors if you wish, Aparacio explains.

Cleaning the Kitchen Floors First

Your kitchen floors may be giving you the ick, but it's important to wait to clean them until after you've tackled the other areas of the room, Aparacio shares.

Not Cleaning the Dishwasher Often Enough

Give your dishwasher a bit of love by cleaning it once a month to help freshen up its filters, sprayers, and drains, Aparacio suggests. The best way to tackle these tasks is to use dedicated dishwasher cleaning solutions, she explains, noting that they will help get rid of odors as well as residue.

Not Using Cleaning Sprays Correctly

Believe it or not, there is somewhat of an art to using cleaning sprays in your kitchen. Aparacio cites two common mistakes that people make with regard to cleaning

sprays, the first of which is spraying them directly onto the surface that needs cleaning. In reality, it's more effective to spray the solution directly onto a cloth or towel, as this can help to prevent streaking and other issues, she explains.

Additionally, don't wipe off your surfaces too soon once you have treated them with spray, she adds, as cleaning agents need a bit of time to get the job done.

III. The Ultimate Kitchen Cleaning Checklist You'll Ever Need

The kitchen often becomes a haven for lethal germs, bacteria and unpleasant odours due to consistent culinary activities, food spills, crumbs, moisture and organic gunk. Leaving high-touch areas like countertops, sinks, cutting boards, and kitchen appliances dirty can lead to foodborne illnesses and other bacterial infections.



Whether you're doing a seasonal cleaning or preparing your rental property before the final inspection, a proper kitchen cleaning checklist can make a world of difference. As a responsible tenant, ensure you maintain the property and its crucial areas clean and hygienic. This can also help you get the full bond back without any dispute. You can prefer hiring a professional company for a budget end of lease cleaning Canberra for a stress-free experience.

For regular cleaning and maintenance, consider the following guide and unveil the ultimate kitchen cleaning checklist. It includes every nook and cranny, including cabinets, a stovetop, an oven, a range hood, a garbage disposal, etc. The best part is that you don't need fancy products for spotless results.

1. Stock Up on Necessary Cleaning Supplies

When sprucing up kitchen surfaces, you'll need proper products and tools to tackle burnt food particles, buildup grease, oil stains and splatters. So, ensure you have these supplies in hand:

- Microfiber cloths, rags and dusters
- Sponge
- Scrub brush or an old toothbrush
- Magic eraser
- Swiffer Duster
- Broom and a Microfiber mop
- White vinegar
- Baking Soda
- Lemon
- Dish soap
- Warm Water

Note: Don't overspend on store-bought degreasers and drain cleaners, as these products contain VOCs that can trigger your allergy and pollute the environment. Instead, prepare a DIY cleaning solution with all-natural products.

2. Dust From Top-to-Bottom

First things first! Begin the process by eliminating dust from kitchen surfaces. Use a damp cloth or a telescopic duster to remove dust particles, cobwebs and gunk from high areas like walls, light fixtures and fittings, top of your shelves and cabinets, etc. Dusting may sound like a basic chore, but it plays a pivotal role in transforming places. So, start from the top and go downwards before tackling stains and grime.



3. De-Clutter, Clean and Organise Your Pantry

The constant exposure to spills, loose food particles, and expired items makes your kitchen pantry a hotspot for pests and germs. Improper storage of food items can harbour mould and mildew as well. Thus, it is good to de-clutter and clean your pantry at regular intervals (every two months).

Remove everything from your pantry and sort items into different categories. Toss the expired or stale items. Set aside the ones that you can donate to reduce food waste. Next, wipe down the shelves using a microfiber cloth. Spray vinegar and water solution for grime and gunk, covering nooks and crannies. Also, gently wash the containers and organisers to prevent food-related diseases.

It is good to group and store similar items when re-organising your pantry. For instance, pack all baking supplies in one basket or rack. You can designate each shelf or area for grains, sauces, other items, etc. This can prevent the buildup of dirt and grime for a longer time.

4. De-greasing Wooden Cabinets

Grease-laden wooden cabinets have secured their place in this ultimate kitchen cleaning checklist due to various reasons. These are one of the key components that can enhance the overall look and feel of your cooking station. However, the food spills, oil splatters and accumulated grease can make them look dull and dirty. That's one of the reasons why tenants want end of lease cleaning Canberra professionals to deep clean the kitchen cabinets before the final rental inspection.

Ensure you clean cabinets on a weekly basis. All you need is a mix of warm water and dishwashing liquid. Dampen a cloth and gently wipe down the interiors and exteriors of the cabinets. For nooks and crannies, scrub with an old toothbrush. A magic eraser can also do wonders in dislodging grease without leaving scratches behind. Next, wipe down the area with a dry cloth to achieve streak-free results.

Tip: Disinfect cabinet handles with rubbing alcohol to kill lurking germs.



5. Deep Clean Your Range Hood Oven and Stovetop

These are the dirtiest areas in your kitchen, harbouring lethal germs and bacteria. If available, use the self-cleaning function to clean your oven. You can do this on a weekly basis. If not, use eco-friendly products to dislodge burnt food particles, grease and grime from your oven.

First of all! Remove and submerge greasy racks in hot, soapy water. Add half a cup of vinegar to loosen the grime. Meanwhile, apply a thick baking soda and water paste inside your appliance (except for a heating coil). Leave it for a few minutes. In the next step, dampen a cloth in a white vinegar solution. Gently wipe off the oven walls and other parts. Clean the door and handle to tackle dirt and grime. Don't forget to clean the outside of your range hood. Deep clean the range filter using vinegar.

Also, clean the stovetop using a vinegar solution. You can also scrub the oil splatters off using a soft-bristled brush. Deep clean knobs and buttons as well. Don't forget

the soaking racks! Take them out and scrub them with a sponge or scrubber. Rinse and dry them.

6. Clean Inside and Outside Your Microwave

Include a microwave in your weekly kitchen cleaning checklist. The process is simple and effective. Take a microwave-safe bowl and add vinegar, lemon and water. Heat it for 2-4 minutes and leave the door closed for another 10 minutes. The steam will loosen the grime and grease. Now, take a damp cloth and gently wipe down your microwave interiors. Use the same solution to clean the door and handle.

7. Organise and Clean Your Refrigerator

Wiping the exterior part of your fridge on a weekly basis is good. However, for deep cleaning, include it in your monthly checklist. Remove all food contents and toss the expired and stale ones. If removable, soak racks and shelves in hot soapy water. For drawers and other parts, spray the white vinegar solution and wipe down with a cloth or sponge. Clean the inside, outside and door gaskets of your fridge. You can also use a vacuum cleaner to spruce up the coils and the back gate of your fridge. You can also call the cleaning experts for difficult cleaning tasks.

8. Wipe Down the Countertops Daily

These are the most overlooked areas in the kitchen. Start by removing the clutter. Next, wipe down using a damp cloth. Instead of using vinegar, use baking soda to dislodge grease, food splatters and grime. Clean every nook and cranny. Make sure you wipe down the kitchen countertops daily after preparing your meals.

9. Sink, Faucet, Garbage Disposal and Dishwasher

Baking soda is a perfect natural cleaner for your kitchen sink. Gently apply it on your dirt-laden sink and crannies. Leave it for a few minutes before scrubbing.

For clogged drains and disposal, pour a cup of baking soda, followed by a cup of white vinegar. This will dislodge stuck gunk, germs and bad odours. Leave it for a few minutes, and pour three cups of hot water to clear the drain. You can also put a small wedge of lemon peel down the disposal to freshen up your kitchen drains. Also, clean and disinfect the faucets with a microfiber cloth.

When cleaning your dishwasher, run a hot cycle with a cup of vinegar. This will help you remove stubborn stains, grime and bad smells effectively. Wipe down the inside and outside of your appliance with a brush or sponge. Do this every week for sparkling results.

10. Consider Odds and Ends

Here are some important tasks to include in your kitchen checklist and avoid common kitchen cleaning mistakes, especially when moving out of your rented home.

- Empty and clean the trash bin daily
- Wash dishes daily
- Sweep and mop the floors daily
- Steam clean dirty kitchen sponges in a microwave
- Wash kitchen cloths and rags in hot water
- Clean and descale small appliances, like a coffee machine, toaster, etc, weekly.

When vacating a rental property, it is good to hire experts for a detailed end of lease cleaning Canberra. This can help you save the hard-earned bond money (equivalent to four week's rent) and prevent unwanted disputes.



Deep cleaning a kitchen doesn't have to be a tedious process. With this ultimate checklist, you can regularly maintain your kitchen surfaces and appliances like a pro. It can help prevent the spread of dirt, grime, food spills and disease-causing germs.

IV. How to get rid of a smell in the dishwasher — freshen up your appliance in a jiffy

Curious how to get rid of a smell in the dishwasher? Our expert-approved hacks will freshen up your kitchen in no time. When you purchase through links on our site, we may earn an affiliate commission. Here's how it works.



If you're wondering how to get rid of a smell in the dishwasher, our cleaning experts have just the ticket. Dishwashers go through the mill on the daily, cleaning away our food debris, so we can forgive them for being whiffy. Though, we don't have to live with the stench.

Our expert-approved six-step cleaning guide will help you shift the nasty smell in your dishwasher and bid farewell to those bad odors.

Whilst a simple wipe won't do the job, these recommendations for how to clean a dishwasher certainly will.

1. Do an internal deep clean

When dealing with a smelly dishwasher, first do an internal internal deep clean.

Cleaning expert, Sabrina Tretyakova says, "Clean the dishwasher interiors. The best homemade solution is a mixture of two cups of white vinegar (we always like to recommend this Heinz white vinegar from Amazon) and one cup of baking soda (this Arm & Hammer baking soda from Target should do the trick).

2. Wipe the rubber seals

One area of your dishwasher that can *really* cause a bad odor to occur is the rubber seals inside the washer.

Leslie Kilgour, professional organizer and cleaning expert, says, “Generally speaking, it's important to regularly wipe down the rubber seals and edges of the dishwasher with a damp cloth. These areas can trap food residue and moisture, creating a breeding ground for mold and mildew. Keeping them clean ensures a hygienic dishwasher.”

3. Clean the filter

The next step is to remove and clean your dishwasher's filter.

Leslie says, “I suggest consulting your dishwasher's manual to locate and clean the filter periodically. This ensures optimal water flow and prevents clogs, leading to more efficient cleaning”

Sabrina adds, “ Pull out the bottom rack and remove the dishwasher filter. The filter could be clogged with debris. Empty the filter of all food particles and clean it by soaking it in warm, soapy water. You can scrub the filter gently with a soft-bristled brush (like these soft-bristled brushes from Amazon) to remove stubborn debris.

4. Don't forget the crumb catcher

Not all dishwashers have a crumb catcher but, if yours does, keeping it clean is vital for reducing bad odors.

Leslie says, “Make it a habit to check and empty it regularly. Removing any food particles helps prevent them from circulating during wash cycles and sticking to your dishes.”



5. Wipe the exterior

It might seem unlikely that bad odors will be coming from the exterior of the dishwasher but if you have accidentally spilled food onto the outer shell, it could well give off an odor.

Sabrina says, “Wipe down the dishwasher exteriors using a cleaning cloth (these microfiber cleaning cloths from Amazon are useful) soaked in hot, soapy water. I recommend using a spray bottle to spray the cleaning solution if you have a stainless-steel dishwasher. You can use a diluted solution of one part of vinegar and three parts of water to avoid smearing.”

6. Regularly clean your dishwasher

To prevent debris and bacteria building up in the first place, pop your dishwasher on a cleaning schedule. Of course, knowing how often to clean your dishwasher is helpful.

Leslie Kilgour, cleaning expert, says, “Once a month, pour a cup of white vinegar into a dishwasher-safe container and place it on the top rack. Run an empty cycle with hot water. This helps remove any built-up grease and soap scum, leaving your dishwasher fresh and odor-free.”

If you find your dishwasher is becoming smelly more frequently, cleaning it more regularly will be fine too, as will scraping and rinsing your dishes before loading them in will reduce food debris, too.

How to Clean a Garbage Disposal So It Doesn't Stink Up Your Kitchen

Garbage disposals may seem like magic—after all, they take all your food waste and make it disappear in a flash!—but they need just as much cleaning and maintenance as your other appliances like the **stovetop** and even the **kitchen sponges** you use to clean them. Maybe more so, since food debris can secretly build up underneath the surface, and those dank, dark conditions cause bacteria to thrive, according to Allen Rathey, director of the Indoor Health Council, an advisory group for cleaning professionals. And aside from stinking up your kitchen, all that muck can potentially **clog your sink drain**. That's why it's essential to learn how to clean a garbage disposal.

What causes a garbage disposal to smell?



In a word: food. “Smells are usually the result of decaying bits of food that have escaped the grinding process and gotten stuck in the appliance,” Sokolowski says. And that rotting, spoiled food can emit a sour and pungent stench, like bad breath or spoiled milk.

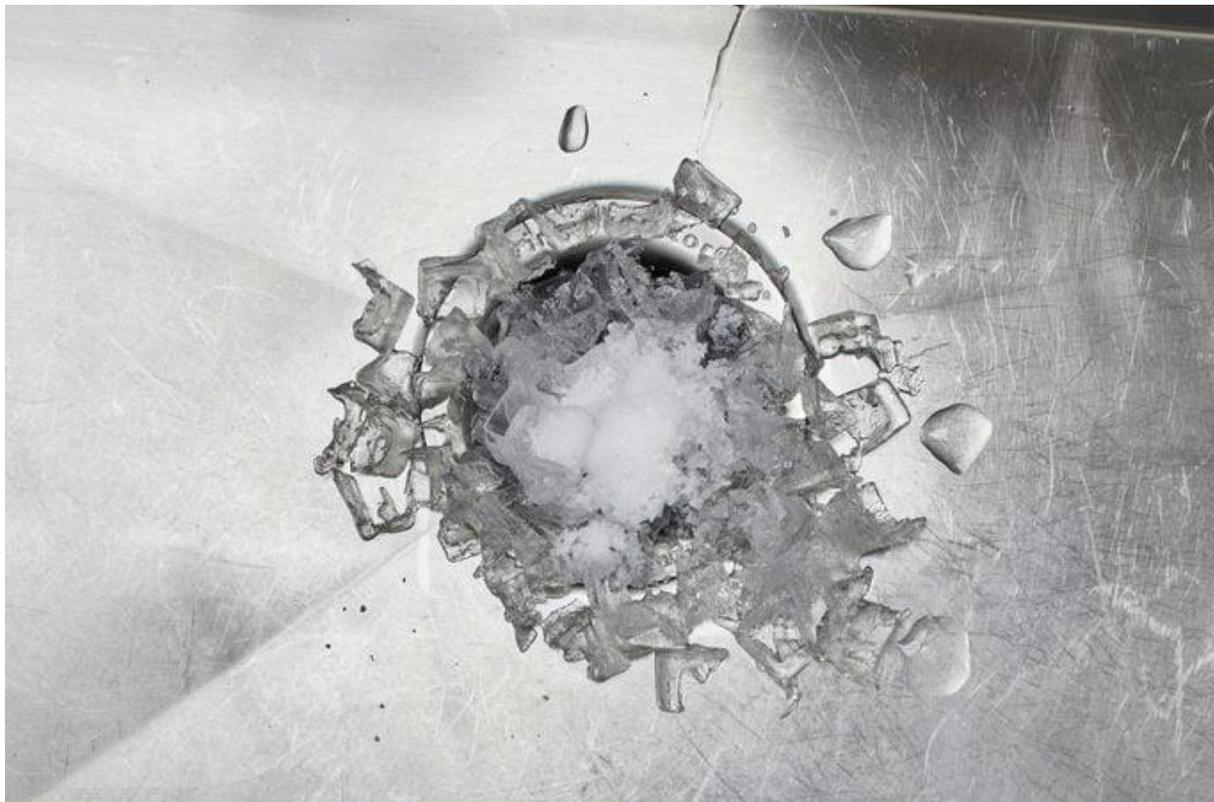
Even if you're careful about what you put into the garbage disposal, adds Rathey, “over time, a thin film of grease can form on disposal blades from routine use,” including rinsing dishes and **washing pans**. Unfortunately, odor-causing bacteria loves this greasy organic material. Bacteria produces hydrogen sulfide—which smells like rotten eggs—while it breaks down all that gunk.

Another potential culprit is mold, which can smell musty. Mold is everywhere, and the only thing those microscopic, airborne spores need from you is a wet place to land. And guess what? Your garbage disposal looks pretty darn inviting! Remember that mold isn't just stinky. It can also irritate allergies and asthma and eventually cause property damage if not eradicated, so you definitely don't want to ignore it.

How to clean a garbage disposal

Leave the store-bought cleaners for other tasks. Experts say the best way to clean a garbage disposal is with natural items. And these **homemade cleaners** aren't just the most effective options—they're also the most cost-effective. You probably even have most of them in your kitchen already. That said, there are a few different methods you can try, depending on your personal preference and just how dirty your garbage disposal is.

How to clean a garbage disposal with ice



According to Soukup, it's a good idea to run ice chips through your disposal periodically, since grinding the ice dislodges food from the blades, as well as cleans the sides of the disposal. Plus, this garbage-disposal cleaning method is super easy—and you can do it as often as you'd like (even daily) to keep food and greasy buildup at bay.

1. Turn on the cold water.
2. Add a handful of ice cubes.

3. Run the disposal to grind up the ice.
4. Turn off the disposal once the ice is gone and the grinding sound stops.
5. Keep the water running for at least 30 seconds to rinse away any debris.

How to clean a garbage disposal with borax

Because the greasy buildup in your garbage disposal consists of fatty acids, “alkaline cleaners can be effective in removing the film,” Rathey says. Borax, aka sodium borate, is a naturally occurring mineral compound that cuts through grease. But be careful: Even though borax is a “natural” product, it is still strong and can irritate your skin.

1. Put on latex or rubber gloves.
2. Add 1/2 cup of borax to 12 ounces of hot tap water. Stir to dissolve.
3. Pour into the garbage disposal.
4. Allow the solution to sit in the disposal for 30 minutes.
5. Turn on the cold water and run the disposal for at least 30 seconds to disperse and drain the solution.
6. One round should do the trick, but if not, repeat until the smell is gone.

How to clean the garbage disposal’s rubber splash guard



The rubber splash guard sits at the top of your disposal. Also called a sink baffle, it's what keeps all that ground-up food from splashing into **your sink**—and it gets pretty disgusting, so don't skip this part! Hot soapy water and baking soda are all you need to get your baffle squeaky-clean.

1. Unplug your disposal, or cut the power at the breaker if it's hardwired, before cleaning the baffle.
2. In a bowl, mix 1 cup of hot water with a squirt of dish soap. (Alternatively, squirt dish soap directly on a toothbrush.)
3. Dunk the toothbrush in the water-and-dish-soap mixture, and work up a lather.
4. Dip the toothbrush in baking soda, coating the bristles. Get plenty on there—you're going for a soapy, scouring paste.
5. Lift the flaps of the baffle, and scrub underneath, making sure to get into all the crevices.
6. Rinse and reload the toothbrush often.
7. Return power to the disposal.
8. Rinse well with cold water, and run the disposal to clear.

How can you freshen up a smelly garbage disposal?



All the above methods clean and freshen, but for an extra-fresh-smelling garbage disposal, reach for some citrus, Sokolowski says. Toss a few lemon peels down the

drain, turn on the cold water and grind 'em up. Orange, lime and grapefruit work too, although you might want to stick with half a grapefruit at a time and cut up the peel. Run the disposal with cold water until you don't hear any more grinding, then let it run for 30 seconds more (while keeping the water running).

Tips for keeping your garbage disposal clean



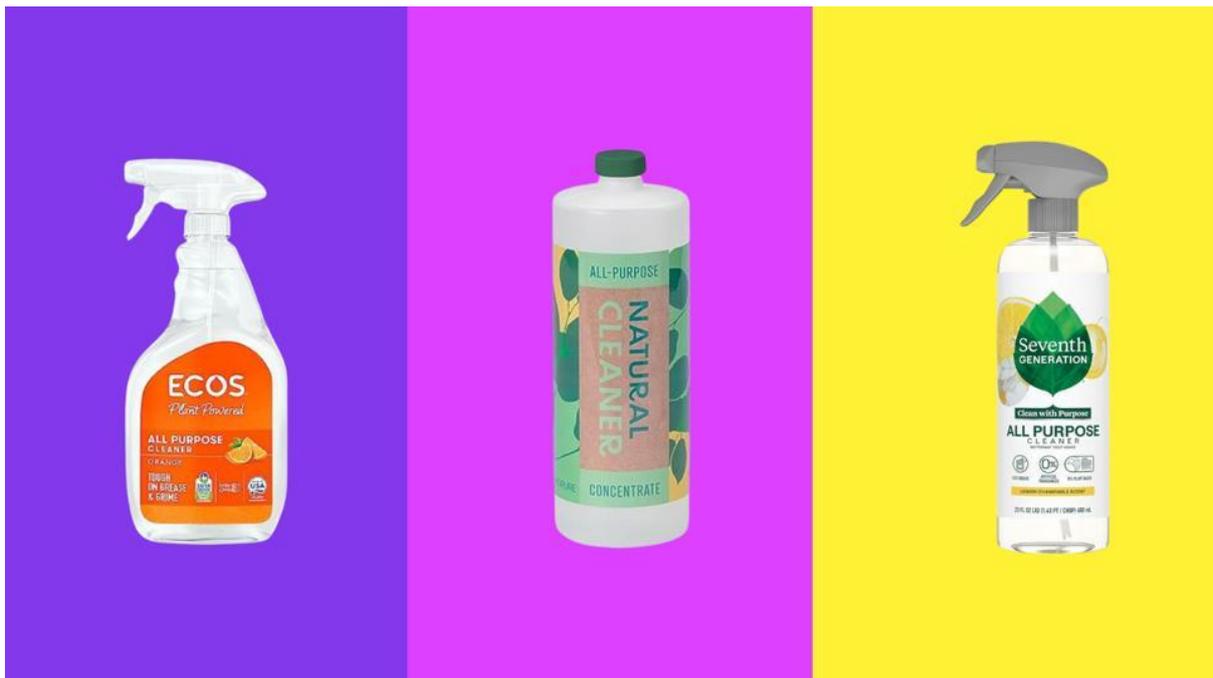
Now that you know how to clean a garbage disposal, keep it that way with these pro tips.

- **Always use cold water when running your disposal.** “Cold water solidifies food and makes it easier to grind,” Sokolowski says. It also keeps fat particles solid and moving down the drain. Hot water, on the other hand, liquifies fats in food, causing a thin, greasy film to coat the inside of your disposal.
- **Run your disposal regularly.** Keep things fresh between cleaning days by not letting food scraps sit in the disposal. Grind as you go, and send that gunk down the drain before a clog or bad smell develops.
- **Don't pour oil or grease into the disposal.** Small amounts of fats from everyday food waste are OK, especially if you use cold water, but anything more than that and you're asking for trouble. Large amounts of grease can congeal inside your disposal, causing odors and clogs. As a result, you might have to clean it more often—or even call a plumber!
- **Don't put fibrous or starchy foods in the disposal.** Asparagus, celery, potato peels, artichokes and the like are big no-nos. Not only can the fibers

wrap around the blades and jam the motor, but you'll also likely find a stringy, gluey mess when it's time to clean.

V. The Best Natural Countertop Cleaners To Wipe Away Spills And Splatters

If you're considering swapping out your everyday countertop cleaning products for options that are more natural, there's never been a better time to switch up your arsenal of cleaners. Take a peek at the ingredients in a standard all-purpose cleaning product and you'll often see ingredients that are hard to pronounce, not to mention the general uncertainty as to what these actually do. Finding a natural countertop cleaner is easier than ever thanks to consumer interest in using greener products around the home. These natural products are just as dependable at removing dirt, grime and bacteria from surfaces without harming or wearing down the look of your countertops. Whether your kitchen features quartz, granite, marble, butcher block or other surfaces, there's no need to use harsh chemicals if you prefer cleaning products with more natural formulations.





Seventh Generation All Purpose Cleaner

Seventh Generation's All Purpose Cleaner is tough on dirt, grease and spills, but gentle on skin. Made with 95% USDA certified "BioBased Products," this all purpose cleaner is nearly all natural, with the only synthetic ingredients being two preservatives, which account for the smallest portion of the whole.

Pros:

- Pleasant but not overwhelming scent
- Safe for use even with sensitive skin
- Good price point

Cons:

- Bottles sometimes break open and leak during shipping



Method All-Purpose Cleaner

Method's All-Purpose Cleaner is an affordable cleaner that's a consumer favorite for cleaning countertops. This plant-based and biodegradable spray—which is available in a variety of scents—easily cuts through stains and everyday crud, from coffee rings to dried pasta sauce.

Pros:

- Great price for great cleaner
- Biodegradable formula
- Multiple scents available

Cons:

- Some scents are too strong



Humble Suds All Purpose Natural Cleaning Spray

With options like Lavender and Tea Tree, Orange and Clove, and Grapefruit and Lemon, cleaning might feel less like a chore with this popular scented line. This all-purpose cleaning product is certainly on the pricier side, but it arrives in a reusable bottle that can be filled time and again.

Pros:

- Great scents
- Reusable glass bottle
- Completely natural ingredients

Cons:

- Expensive



Safely Universal Cleaner

The cleaner is made from surfactants derived from coconut oil and mineral salts and also features alcohol sourced from corn (great for killing viruses and bacteria), so it's safe to use around humans, pets and food. Some consumers have noted this product features a thicker viscosity than competing cleaners and can sometimes leave a thin film behind, so be sure to wipe the surface thoroughly.

Pros:

- Multiple different products with same scents available
- Good price point
- Refills available

Cons:

- Leaves slight film if not wiped thoroughly

CONCLUSION

A safe and germ-free kitchen is achievable through consistent hygiene practices, proper cleaning routines, and mindful food safety habits. By applying the steps outlined in this guide, one can significantly reduce risks, prevent contamination, and enjoy a healthier cooking space for years to come.

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