

WORKSHOP1 : HYGIENE STANDARDS IN RESTAURANTS

MISSION : WRITE A DIALOGUE TO RECALL HYGIENE STANDARDS IN RESTAURANTS

<https://www.posist.com/restaurant-times/restro-gyaan/the-ultimate-checklist-to-maintain-hygiene-standards-in-restaurants.html>

The Ultimate Checklist to Maintain Hygiene Standards in Restaurants



The importance of maintaining the hygiene standards in restaurants cannot be stated enough. **Hygiene in restaurants is not just essential to ensure the health and safety of your employees and customers, but also because it plays a major role in the perception of your restaurant.** Customers want to dine at a clean restaurant that serves hygienic food. Hygiene is probably the second most important aspect of running a restaurant; the first aspect would be of maintaining food quality. Restaurant hygiene is also important for acquiring the FSSAI license needed to run a restaurant. Learn more about the [Food and Safety guidelines imposed by the FSSAI here](#).

Recently in [news](#), we heard the shutting down of the 80% the stores of Fast food major McDonald's across Delhi-NCR. Amongst other reasons that have been pointed out by various news portals for the closing of Connaught Plaza Restaurants Pvt Ltd (CPRL) which runs the McDonald's franchise for North and East India, one of them was that it failed to

secure regulatory health clearances to keep the business going. As a result of which the closing of 43 of 55 outlets of McDonald's took place in the region. The restaurants under CPRL failed to get the mandatory regulatory health licenses as it failed to maintain hygiene and store-level efficiency. So to avoid such an unfortunate incident the other restaurants should take this as a lesson and shall pay attention in maintaining hygiene and cleanliness at their restaurants.

Follow this Checklist to Maintain Hygiene Standards in Restaurants

This 5-step checklist will help you maintain the hygiene standards in your restaurants.

1) Regular Inspection of Kitchen Areas, Dining Areas, and Restrooms

It is a stated fact that every customer would want to trust a restaurant that follows the hygiene rules and has been successful in passing health and sanitation standards. You should always have a sufficient stock of cleaning supplies which will ensure that the restaurant is kept clean all the time and the hygiene standards in the restaurant are met. **There should be regular inspection of the kitchen areas, eating and dining areas, restrooms by the managers so that they are successful in meeting health and hygiene requirements that have been set forth by Food Safety and Standards Authority of India (FSSAI).** The kitchen area must be properly cleaned to ensure safe food preparation and hygienic handling.

“The kitchen area needs to be cleaned at least 4-5 times a day which includes cleaning at Pre opening, after lunch service and deep cleaning. Deep cleaning is done at the last after dinner which includes cleaning of Cooking ranges, kitchen furniture, and other equipments.”

Chef Jiten Singh,

Specialist in designing Modern European and Indian Menu.

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- All the surfaces that come in direct contact with food shall be cleaned after every task with clean towels that have not been used anywhere else.
- Equipment like Range, Oven, Deep-fryer, Freezer, Baking sheets, Tongs, and others shall be sterilized at least thrice a week.
- Frequently used kitchen items such as cutting boards, blenders, grills, and countertops should also be sterilized daily.
- Sanitize the surface areas, such as bar tops, table tops and chairs with which customer's come in direct contact with thoroughly at least twice a day.
- The floor near entrances and the exits of the restaurant shall be cleaned daily.
- Clean the toilet bowls, toilet seat and floor of the restrooms after every few hours.

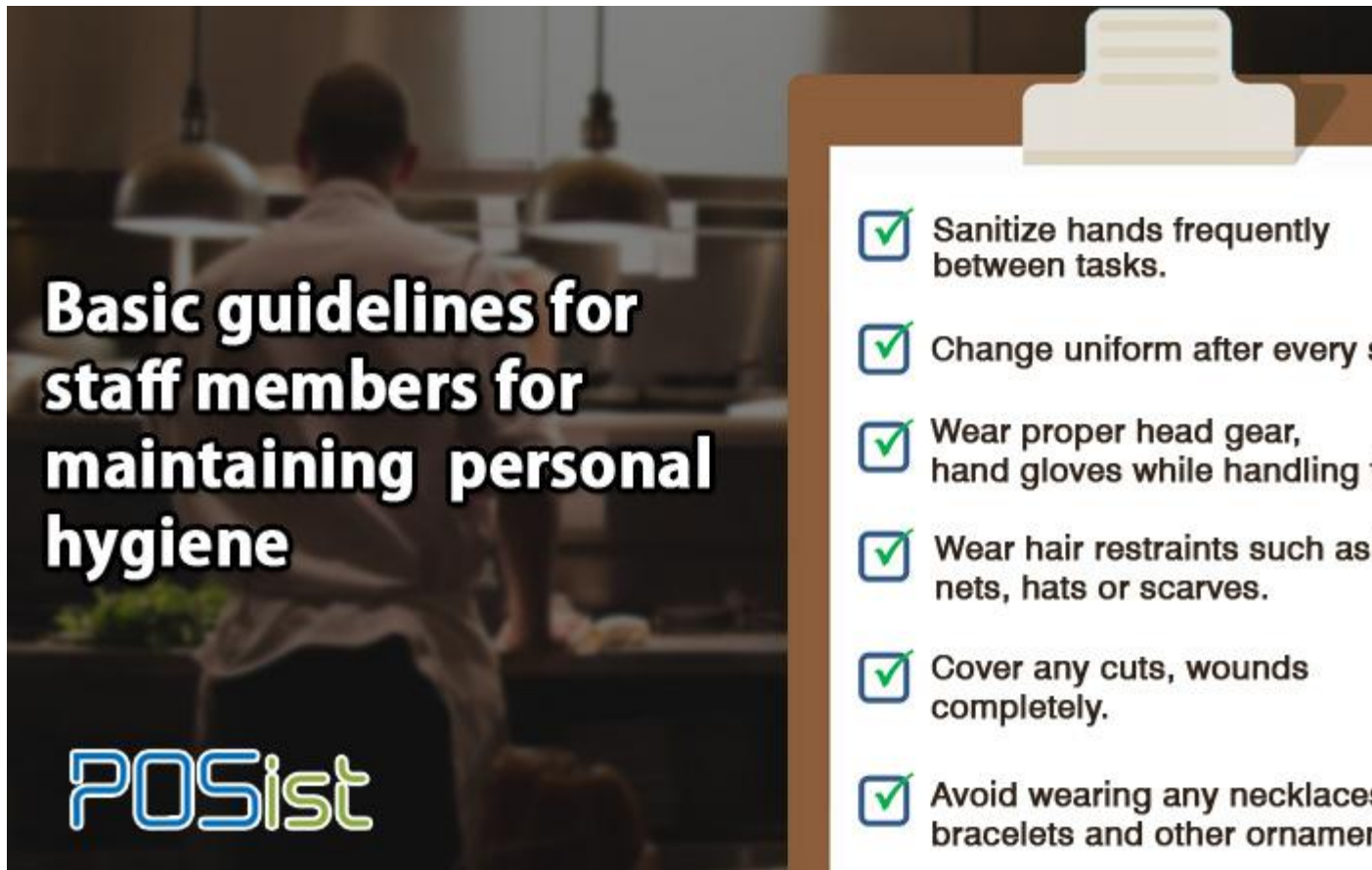
2) Guidelines for Staff for Maintaining Personal Hygiene

It is very well said that cleanliness begins at home. When talking about maintaining hygiene standards in restaurants, one of the most important components is the training of the staff members about how to maintain personal hygiene at restaurants. Your employees can prove to be the most important factor for maintaining cleanliness and hygiene. **For safe handling of the customers, the employees should be provided**

with clean clothing, proper gloves, hair nets and other safety and hygienic tools which are necessary for overall hygiene maintenance.

There should be regular training of staff members which shall include basic guidelines such as-

- Good personal hygiene including proper and frequent hand-washing is one the best way to prevent food-borne illness. Always ensure that the employees' hands are washed and thoroughly dried before starting work, between tasks, and before working with food products, equipment, utensils, and linens.
- Make a routine of changing uniform after every shift
- Sanitize your hands after every three hours while you are on duty.
- It is extremely important to wear proper head gear, hand gloves while handling food.
- Employees need to change gloves as they become soiled, torn and in between tasks
- Any cuts, wounds, or open sores on the hands and arms of restaurant's personnel must be completely covered with a waterproof bandage.
- Employees should be limited to wearing plain handed rings when it comes to jewelry. Necklaces, bracelets, earrings should be avoided.
- Employees should wear hair restraints such as hair nets, hats or scarves that can help in keeping hair fall under control.



3) Regular Sanitization of Kitchen Equipment

Maintaining hygiene standards in restaurants also plays an important role in the better functioning and longevity of your Kitchen Equipment. Regular maintenance will keep your expensive equipment in good functioning and working order. Follow a Strict and consistent maintenance schedule of your restaurants' equipment; you will be able to derive benefits related to both, reduction in energy costs and better quality food.

Only when your equipment is regularly cleaned, it can operate at its maximum efficiency. Make a consistent routine of sanitizing the equipment such as Oven, Stove, Grill, Baking Plate and others thrice a week. **Educating your employees on the proper use of the equipment can help in increasing the efficiency of your restaurants and also helps maintain the hygiene standards in restaurants.** Your employees should be aware of the misuse of any equipment. The employees how to carefully use, clean and maintain your kitchen equipment.

All equipment and surfaces that have direct contact with food must be cleaned and sanitized thoroughly according to the prepared schedules to prevent the build-up of bacteria and helps maintain hygiene standards in restaurants.

Few of the guidelines are listed below to keep the equipment in good working condition

- Switch between the cutting boards.
- Change sanitizing water at regular intervals.
- Regularly clean the trash bins.
- Regularly wash the preparation and lining areas.
- Make it a point to clean your equipment from inside as well as outside.
- Cleaning Items such as wipes, brushes, mops, dishcloths, detergent, and sanitizer should all be stored carefully and away from food to prevent any kind of contamination.

4) Develop a Restaurant Hygiene Checklist

To maintain hygiene standards in restaurants, the manager of the restaurant should create a checklist of the specific cleaning duties and tasks that have to be performed by the staff members. The cleaning checklist of your restaurant will depend on the size of your restaurant.

For example, in a small restaurant, the cleaning checklist will be as simple as a list of duties printed on a single sheet of paper. But when it is a larger restaurant, there is a need of detailed list broken down by job categories with a little of specifications. For instance, list out the separate duties for different sections like dishwashing area, cooking line, and food preparation area. **Depending on the nature of your restaurant operations, it might be appropriate to include cleaning duties in a comprehensive list of tasks that must be performed during a shift.**