

Wash Your Food Gloves (too)

WASH HANDS *AND* GLOVES BEFORE CANNING AND COOKING

We all know that proper hand washing is the first line of defense for helping to prevent cross-contamination and foodborne illness when canning and cooking. But did you know that food handling gloves should also be washed as well?

UC MFP's have long advocated washing food handling gloves in addition to your hands. The importance of that advice is confirmed by the recently released results of a 5-year research study on disposable food gloves, which found that 50% of the gloves that were tested carried pathogenic bacteria. We'll spare you the grisly details; suffice it to say that new food handling gloves cannot be assumed to be clean (free of pathogens and toxic chemicals) and intact right out of the box.

The choice of whether to wear food handling gloves *in a home setting* is largely a personal one. For sure, if you have open cuts or abrasions on your hands, are wearing bandages, or have an infection, the recommendation is to wear gloves when handling food.

Disposable gloves are designed for one-time use. Wash them first, then get a fresh pair when changing tasks or when they become damaged or contaminated.

WASHING PROCEDURES

Hands: Wet your hands, apply soap, lather and then scrub for at least 20 seconds. Rinse well and dry with paper towels or a clean cloth. Wash your hands again when switching tasks, if they become contaminated, etc.

Gloves: First wash your hands thoroughly (this prevents any bacteria on your hands from contaminating the gloves) and then wash the gloves following the same procedures as for washing your hands.

For further information on food safety and food preservation in general, visit the National Center for Home Food Preservation (NCHFP) at <https://nchfp.uga.edu> or contact your local Cooperative Extension office.

Brought to you by the UCCE Master Food Preservers of El Dorado County

Website: https://ucanr.edu/sites/mfp_of_cs/

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