

## **A Clean and Safe Kitchen- Staying Healthy**

### **Clean and Sanitize Kitchen Surfaces**

1. Wash with hot water and soap and rinse to remove soap.
2. Mix 1 teaspoon chlorine bleach in one quart of clean water and apply liberally to surfaces.
3. Allow the surface to air dry.
4. Use paper towels. If you use cloth towels, change and launder them often. Avoid using sponges in the kitchen.



### **Wash Hands Often**

1. Wet hands with warm, running water and apply soap.
2. Rub hands vigorously and clean between fingers, under nails and around jewelry.
3. Rinse hands with clean, running water.
4. Dry with a paper towel.



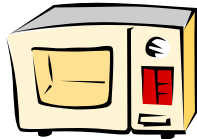
### **Keep Chemicals Away From Food**

1. Store cleaning products in the original containers. Do not remove labels.
2. Keep cleaning products away from food.
3. Never reuse cleaning product containers for other purposes.



## Clean Kitchen Appliances

1. Large appliances should be cleaned on a monthly basis.
2. Use soap and water to wash the refrigerator and clean up spills immediately.
3. Don't use abrasive cleaners that can damage the surface of appliance.
4. Dishwashers and ovens are often self-cleaning. Check the appliance manual for cleaning directions.
5. Unplug small appliances before cleaning and never immerse in water.



## Prevent Cross-Contamination

1. Keep raw meats away from all other foods and store on bottom shelf of refrigerator.
2. Use separate cutting boards for raw meats and ready-to-eat foods. Use cutting boards made of non-porous material.
3. Wash cutting boards with hot water and soap; sanitize with solution (1tsp bleach and 1 qt. water).
4. Never put cooked food on plate that previously held raw meat or eggs.



## Cooking Safety

When using a stove:

1. Turn handles inward and keep hot cookware out of reach to avoid burns.
2. Use oven mitts or potholders when handling hot dishes.
3. Never leave cooking food unattended.
4. Shield yourself from steam to prevent burns.



## Cutting Safety

When using knives:

1. Make sure they are sharp for easy cutting.
2. Always cut with edge away from you.
3. Wash knives separately from other dishes and store in a knife block.



## Fire Safety

How to Avoid:

- Check to see if all burners are off after cooking.
- Never use flammable fuels to start fires in a cook stove.
- Keep combustibles away from cooking area.
- Keep electrical cords away from hot surfaces.



If you have a fire:

- Always have an escape plan and fire extinguisher on hand.
- Cover pan fires with a lid and never pour water on a grease fire.
- Use a fire blanket, extinguisher, or baking soda to put out fire.

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