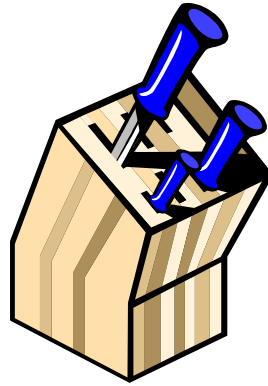


Cleaning As You Go

- 1. Put away ingredients as soon as you've used them.**
- 2. Clean and reuse bowls and utensils to avoid extra equipment around the kitchen.**
- 3. Unplug electric appliance first and then wipe them down with a clean, damp cloth.**
- 4. Fill the sink with hot, soapy water, and wash dishes as you go.**
- 5. Take advantage of cooking and waiting times in a recipe, to clean up.**
- 6. Throw trash right into the waste bucket instead of onto the counter.**
- 7. When you're finished, wipe down the stove and countertops. Be sure the stove is cool before you start.**

Knife Safety Rules



KITCHEN SAFETY

- 1. Always hold a knife by its handle, never by its blade.**
- 2. Never cut any food in your hand.**
- 3. When cutting, hold food steady with your fingertips tucked underneath your knuckles.**
- 4. Stay focused on using the knife.**
- 5. Don't walk or play with knives.**
- 6. When finished using a knife, lay it down.**



Safety rules



1. Never handle hot foods or equipment with your bare hands.

2. Don't use or leave metal

spoons or utensils, which can heat up, in a hot pot.

3. Don't stick your head in the oven or reach your arm into the oven to remove pans. Always pull racks out and handle pots and pans with potholders or towels.

4. Keep potholders or towels away from heat sources.

5. Never use flammable sprays, such as vegetable oil spray, near a heat source.

6. Keep an open box of baking soda by the stove. Use that to throw on flames, not water.

7. If your clothes catch on fire, **"Stop, Drop, and Roll!"**

8. Treat burns by holding the affected area under cold, running water, not by putting butter or grease on the burn.

Top Three Safety Rules in the Kitchen



1. Always wash your hands before starting to cook.

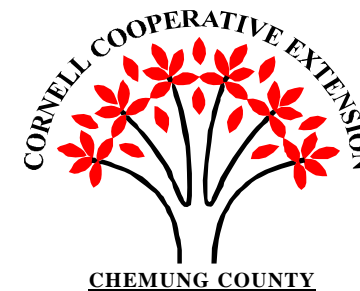
2. Never cook without permission.

3. Don't play with knives or fire.



Heads up!

Wash your hands before you start cooking, and when necessary during cooking. Immediately wash cutting boards, knives, and surfaces that have come into contact with raw fish, poultry, meat, or eggs to prevent spreading any germs. Don't forget to wash your hands after handling these foods, too. When you are cooking, if you have to cough, you should do so in the crook of your elbow. Also you should never touch your nose, mouth, or face because you can spread germs.



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