

KITCHEN SAFETY FOR THE FAMILY

Cooking with your children is an excellent way to help them develop new skills and create fun new recipes while learning. During your time together, be sure to keep kitchen safety in mind. Here are a few helpful tips:

- Always supervise children and first-time chefs. Never let your child cook alone.
- Develop patience. Your children will make fewer mistakes when they are enjoying the process and not worrying about being corrected for making mistakes.
- Understand fire safety.
 - Always heat oil on low heat.
 - Use baking soda to put out flames by pouring generous amounts on the base of the flame.
 - Eliminate the flames' source of air with lids or wet rags.
- Wear short sleeves and an apron when cooking.
- Use oven mitts and pot holders, instead of towels.
- Wash hands with soapy water for 20 seconds before cooking and after touching any raw meats.
- Pan handles should never extend over a hot burner or towards the floor where they can be bumped.
- Clean up spills to avoid slips and falls. Wash dish rags every couple of days or after cleaning up raw meats or spills on the floor. Avoid using sponges, because they can hold a lot of germs.
- Do not use the dish scrub or rag to wash vegetables or the counter.



- Wash the outside of fruits with a hard rind (melons, oranges, etc). Bacteria can come into the fruit when cutting the rind.

- Speed clean ups. Teach your children to clean while they wait for the next stage in preparing the food (i.e. water boils, soup simmers, etc.)
- Keep your kitchen free from fruit flies by keeping the kitchen clean, removing food scraps, and hanging rags to dry instead of wadded up in the sink.
- Thaw frozen meat in the fridge. Keep raw food separate from cooked food. Meats should be stored on the bottom shelf and fresh produce on the top shelf or in bins. Use a thermometer when cooking meats.
- Wash surfaces where raw meats and poultry touched before placing another food product on that surface.
- Clean your refrigerator out monthly. Check expiration dates; and throw away out-dated items.
- Fridge temperature should be below 41°F.
- Avoid the temp danger zone, 41-135 degrees Fahrenheit. Place leftovers in a shallow bowl to speed up cooling in the fridge. Never leave food out for more than 2 hours. If handled properly, leftovers should be good for 4 days.



| Food | Minimum Inside Temperature |
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| Poultry, Casseroles, and Reheated Leftovers | 165°F |
| Ground Meats (beef, pork, veal, lamb, turkey, chicken) | 160°F |
| Egg Dishes | 160°F |
| Fish | 145°F |
| Beef, Veal and Lamb (Steaks, Roasts, and Chops) | 145°F for 3 minutes |
| Fresh Pork and Fresh (raw) Ham | 145°F for 3 minutes |
| Ham (precooked, just reheated) | 140 °F |

Information for the table found at www.foodsafety.gov.