Food safety is a crucial part of preparing a meal that everyone will be able to enjoy. Follow this check list to insure that you are using proper food and kitchen safety while preparing your meal.

I. Are you using the following kitchen safety skills?
   a. Wash hands often using warm water and soap. Yes ___ No ___
   b. Use knives and other utensils properly/safely. Yes ___ No ___
      1. Always cut away from body and toward cutting board. Yes ___ No ___
   c. Wear clothing and shoes appropriate for task. Yes ___ No ___
   d. Lift pan lids away from self to prevent scalds/burns. Yes ___ No ___
   e. Walk slowly and warn others when carrying something hot. Yes ___ No ___

II. Are you using the following food safety skills?
   a. Rinse all fresh fruits/vegetables. Yes ___ No ___
   b. Use separate plates for raw and cooked foods. Yes ___ No ___
   c. Keep raw meats away from other foods. Yes ___ No ___
   d. Make sure foods are cooked to proper temperatures. Yes ___ No ___
   e. Put extra perishable food away after using what is needed. Yes ___ No ___

III. Are you using kitchen appliances/equipment properly?
   a. Appliances are turned off and unplugged when not in use. Yes ___ No ___
   b. Burners and ovens are turned off when not in use. Yes ___ No ___
   c. Pot handles are turned away from edge where they can be knocked over or splashed onto others walking by. Yes ___ No ___