

Food and Kitchen Safety

Hand Washing Tips

Stay healthy by cooking safely. Germs that I can't see can make me sick. The most important rule to follow when I cook is "wash my hands" often.

To be safe, I will wash my hands:

- ✓ Before I cook
- ✓ After I cough or sneeze
- ✓ After I touch raw meat
- ✓ When I have a cut or sore
- ✓ After I go to the bathroom
- ✓ Before I eat



I need to use soap and warm water for at least 20 seconds (the time it takes to sing the birthday song) to kill germs.

Recipe Symbol



"wash my hands"

Kitchen Safety Tips

1. Keep my cooking tools clean. Wash all bowls, spoons, plates, knives, and cutting boards in the dishwasher or by hand in the sink when I'm done using them. Let the dishes air dry when done washing.
2. Use soap, hot water, and a dishcloth to wash kitchen counters and the stovetop every time I use the kitchen.
3. Throw meat wrappers away immediately. Take out the trash often.



4. Wipe all meat juices off kitchen counters with a paper towel. Throw the paper towel away. Use a dishcloth with soap and hot water to wipe the counter clean.