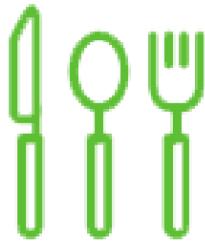


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## Ground Rules:

Have the group establish ground rules for the sessions adding in additional points as needed.



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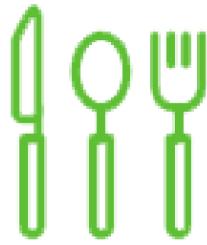
## General Kitchen Safety:

### Preventing Burns:

- ✓ Always use oven mitts to lift hot items.
- ✓ Keep pot handles turned towards the centre of the stove.
- ✓ Ask for help when carrying hot items that are too heavy for you.
- ✓ Wear an apron to keep clothing close to your body and away from heat sources.

### Preventing Shocks:

- ✓ Never use electrical equipment near water or with wet hands.
- ✓ Be sure that an appliance is turned off before plugging it in.
- ✓ Never use equipment that you are unfamiliar with. Ask for help and instructions.



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# HANDWASHING

## The 6 Step Method

**1. Wet Hands**



**2. Dispense Soap**



**3. Lather (20 seconds)**



**4. Rinse**

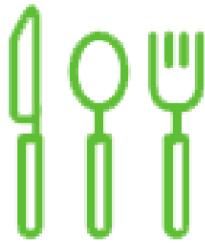


**5. Towel Dry**



**6. Turn Off with Towel**





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## Food Safety:

### To minimize food safety risk:

- ✓ Keep long hair tied back.
- ✓ Remove dangling jewelry, watches and rings - jewelry can get caught on hot items and can be a safety risk. It also provides a home for bacteria and dirt to accumulate.
- ✓ Wear an apron (recommended) - wearing an apron not only keeps your clothing clean, it prevents food contamination from outside sources.
- ✓ Don't cook if you're not feeling well – this will help to avoid the possible spread of illness. It takes just a cough, sneeze, or rubbing of the eye, nose, or mouth to spread the illness to the food.
- ✓ Use proper technique and care with cuts and wounds – clean then cover any cuts and wounds with a Band-Aid and then wear a disposable glove on top. Hands should be washed prior to putting the glove on and be changed frequently.

### Cross Contamination:

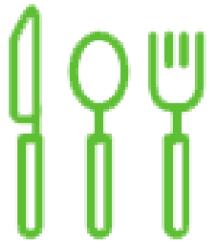
- ✓ Clean and sanitize countertops and work surfaces before preparing any food.
- ✓ Use hot soapy water to clean countertops and sanitize surfaces with approved food grade sanitizer according to product directions.
- ✓ Maintain proper food temperatures at all times (keep foods out of the *Danger Zone*). Keep this in mind when shopping and transporting foods.
- ✓ The *Danger Zone* is the temperature range where bacteria grow most rapidly - between 4°C and 60°C.
- ✓ Use separate cutting boards for different types food e.g., separate cutting board for meat and produce.

### Cleaning Produce:

- ✓ Produce may become contaminated in a variety of ways from soil, irrigation water, equipment, etc. It is important to properly wash vegetables and fruit!

### Be sure to:

- ✓ Wash your hands before handling the produce.
- ✓ Check produce when buying to ensure it is not bruised or damaged.
- ✓ Remove any damaged or bruised area on the produce.
- ✓ Thoroughly wash all vegetables and fruit with cool running water.
- ✓ Produce with a firm skin (e.g., melons) should be washed under cool running water and scrubbed with a clean produce brush or rub with the hand.
- ✓ Refrigerate all cut, peeled or cooked produce within two hours of preparing.
- ✓ Always store produce away from any meat products or raw foods in the refrigerator.

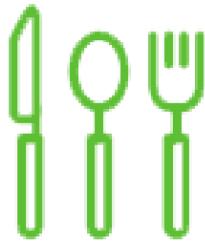


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## Knife Safety:

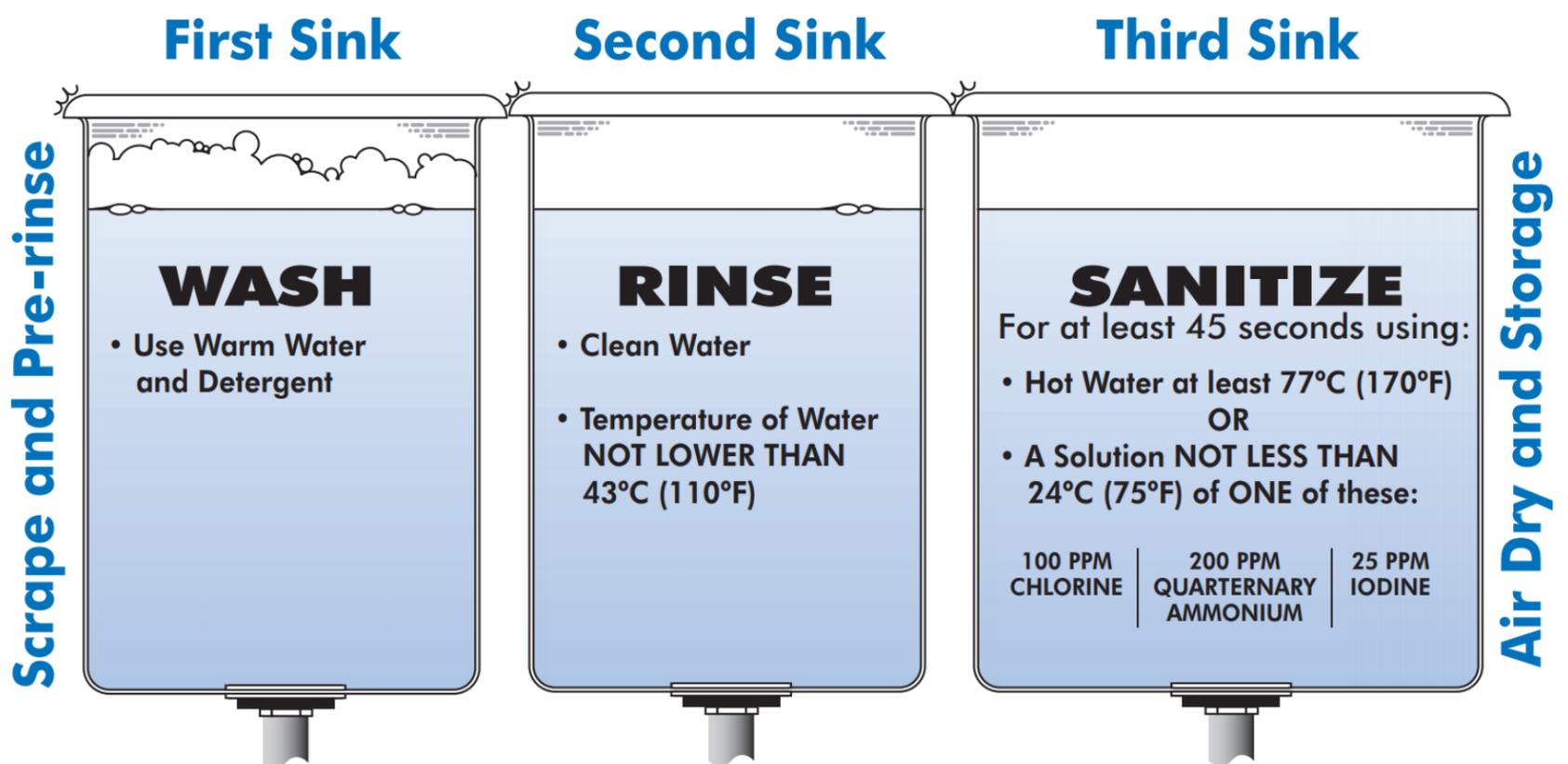
- ✓ Wear closed toe shoes.
- ✓ Carry knives with blade pointed down towards the floor.
- ✓ If the knife falls - back up and let it fall (never try to catch it).
- ✓ Always use a cutting board as a surface to cut on. Never try to cut something while holding it.
- ✓ Use a larger cutting board than seems necessary so that there will be room to cut. It is more difficult to cut if items are crowded on the cutting board.
- ✓ Ensure cutting board is secure and not moving. If it is sliding around, secure with a damp paper towel underneath.
- ✓ Always hold the knife by the grip or handle.
- ✓ Hold the food you are cutting with one hand, while the other hand uses the knife.
- ✓ Tuck your fingers under in a “C” shape - holding hand is shaped like a claw.
- ✓ Cut away from the body.
- ✓ If food is round or wobbly - slice it in half so that it can be placed on the flattened side and is safer to cut.
- ✓ The tip of the knife should always remain on the cutting board, and the cutting can be done by carefully lifting and lowering the handle.
- ✓ Always pay attention to what you are doing - keep your eyes on your cutting.



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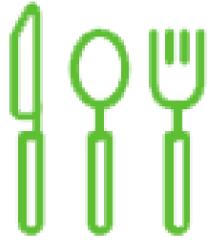
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## CORRECT DISHWASHING PROCEDURE The Three Sink Method



You will need a two or three compartment sink (or bins) for washing dishes by hand.

- ✓ Scrape off food scraps and rinse dishes.
- ✓ Wash dishes with detergent and clean warm water.
- ✓ Rinse dishes with clean water.
- ✓ Sanitize dishes by letting them sit for at least 45 seconds in clean water that contains a chemical sanitizer. Check with the custodian at your school/agency to see which food grade sanitizer should be used.
- ✓ The temperature of the water and sanitizer mix should be at least 24°C (75°F).
- ✓ Always use an approved sanitizer and follow the manufacturer's directions. The sanitizer will have to be mixed to the approved concentration.
- ✓ Place dishes on a clean, non-porous, sloped rack or paper towels and let them air dry.
- ✓ Do not dry with tea towels. Clean paper towels can be used to dry equipment



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Tuck your fingers under in a “C” shape – holding hand is shaped like a claw when using knife

