

Kids' Kitchen Safety Checklist

1. Cover Up

- Tie back long hair and pull up sleeves.
- Put on an apron or mitts as needed.

2. Banish Germs

- Wash your hands with warm, soapy water.
- Cough or sneeze into your elbow or a tissue.

3. Safety First

- Know when to ask for help.
- Provide a step stool for easy reach.
- Clean up spills on the ground to avoid slips.
- Use caution around stovetop or oven.
- Use potholder or mitt to protect hands.
- Turn hot pan handles towards stovetop.
- Keep raw meat, poultry, seafood, or eggs separate.
- Wash hands and surfaces after touching raw foods.

4. Clean Up Time

- Turn equipment off.
- Put ingredients away.
- Wash the dishes or utensils.
- Wipe down surfaces.

5. Have Fun

- Mistakes are okay—practice makes perfect!
- Compliment your little chef.
- Remember that messes make memories.

