Kids' Kitcher 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

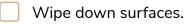
Know when to ask for help.



- 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

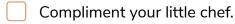
- Turn equipment off.
- Put ingredients away.
- Wash the dishes or utensils.



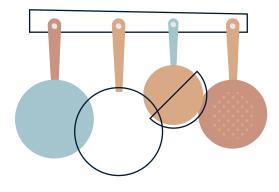
#### 5. Have Fun



Mistakes are okay—practice makes perfect!



Remember that messes make memories.



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