

# KITCHEN GUIDELINES

Welcome to the Food Families program. During many of our modules, we will have the opportunity to work together in the kitchen as we prepare a number of recipes. It will be important for us to keep the following guidelines in mind so our kitchen can be a safe and clean place for all users.

## PREPARING TO COOK

1. Listen, speak softly, and respect other users of the kitchen and cooking areas.
2. Wash your hands well before starting a project and again if you leave the kitchen area and then return. Wash your hands any time they become contaminated (e.g. from sneezing, coughing, or using the restroom). Wash your hands in the restroom and not in the kitchen sink.
3. If you are sick (e.g. have a cold, fever, vomiting, or diarrhea), DO NOT participate in food preparation.
4. Tie back long hair or wear a hat or head covering while you cook.
5. Do not handle food or clean with open sores or cuts on your hands. Use plastic gloves in this type of situation.
6. Pull up or roll up your sleeves to prevent your clothing from contaminating the food.
7. Wear a clean cloth or apron (when available). Take off your apron before going to the restroom.
8. Wipe all work surfaces with a bleach wiping cloth.



## FOOD AND PREPARATIONS

1. Use knives only on cutting boards, and disinfect the boards during clean up.
2. Use stove, oven, griddle, and other electrical appliances only when you can watch over their use.
3. If you are preparing food to be used later, cool it as quickly as possible before putting it into the refrigerator.
4. If any food allergies are present in the group, please avoid cooking any of those foods for group activities.
5. Rinse and inspect fresh produce.

## CLEANING UP

1. Package any leftovers and do not leave any open containers of ingredients anywhere on the premises as they attract mice and other hosts.
2. Clean up must be complete at the end of the cooking project.
3. Clean up is everyone's responsibility and we will all stay until the job is done well.
4. Clean up includes the following tasks:
  - a. Wash used items.
  - b. Put clean items away in the cabinets or drawers, or return them to storage areas. Do not leave items to dry in the kitchen, nor remain sitting on counters or other tables.
  - c. Wipe the counters with the bleach wiping cloths or white vinegar.
  - d. Clean up any spills or debris on the floor.
  - e. Do not place wet items in windowsills or on counters or tables.

