

# Kitchen Safety

## Basic Safety

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- Check temperature by holding hand over heated areas; never touch items directly
- Never leave food cooking without watching it.
  - If you need to step away, set a kitchen timer or phone alarm to remind you food is cooking.
- Make sure your tools are safe to heat. Some general rules:
  - Dishes and bowls should state they are “microwave safe” on the bottom. If not, they may melt in the microwave if heated.
  - Plastic NEVER goes inside the oven.
  - Do not leave plastic utensils or dishes sitting on the stove or burner.
  - Do not leave utensils sitting inside pots cooking on the stove. Plastic may melt, and metal may become too hot to handle.
- Make sure there is ventilation
  - If there is no vent above the stove, turn on a fan or open the window.



## Microwave Safety

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- Use only microwave safe dishes.
- For frozen meals, read the package instructions to make sure packaging can be put in microwave.
- Follow directions on packages for heating time and temperature.
- Use a pot holder or towel to remove items from microwave.

# Kitchen Safety

## Stovetop Safety

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- Use only stove top safe pots and pans.
- When cooking items, read package directions for temperature instructions and timing.
- Most food requires some oil, a spray, or water to cook safely and not burn.
  - Pour the oil in first, then turn on the burner to prevent splattering.
  - Be careful when adding food to the pan to prevent splattering.
  - Be sure to stir food items in the pot every few minutes to prevent sticking/burning.
  - Left over oil should not go down the drain/sink.
  - Wait for oil to cool, then put into a container to throw away (such as a Styrofoam cup).
- For boiling water, make sure there is enough to cover all of the food in the pot.
  - If the pot overflows, turn off the burner, and move the pot to a clean burner to finish cooking.
  - When the burners cool, you can clean the stove top to prevent the spills from sticking.

## Oven Safety

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- Use only oven safe dishes (NEVER plastic).
  - Some stove top pans CAN NOT go into the oven, due to the handles having rubber or other non-heatable materials.
- Make sure to grease the pan you use, or use aluminum foil or parchment paper on the pans, to prevent food from sticking and burning to pans.
- Turn the oven to the temperature indicated in the directions, you will need to allow time for the oven to heat up.
- Set a timer, alarm, or note the time on your clock to take food out. Setting a timer can prevent food from burning or from you forgetting about the food in the oven. Turning the oven light on can also remind you food is cooking.
- Use pot holders to take food out of the oven. Place the hot pan on a stove top or other safe surface. Plastic surfaces are not safe.
- Make sure to turn off the oven.