



# Holiday Cooking Safety

Festive feasts and holiday treats are a favorite part of the holiday season. Children are especially eager to help prepare goodies and learn about cooking. Remember, having children around the kitchen requires a care and supervision.

## Kitchen Safety Tips



- Never leave food that is cooking unattended
- Turn all pot handles toward the back of the stove
- Keep flammable items, such as towels & dishrags, away from the stovetop
- Never put water on a cooking fire...use baking soda or flour to help put it out
- Turn off all appliances before leaving the kitchen

## Cooking with Children Helping

- Before introducing children to the kitchen, make sure you have taken essential safety steps such as having a fire extinguisher nearby
- Wash your hands frequently as well as your children
- Never leave a child unattended in the kitchen
- Never carry a child while cooking
- Make sure you & your child wear close-fitting clothing when cooking
- Always supervise a child when using the microwave
- Children under age 10 should not handle the stove, electrical appliances, sharp utensils or hot dishes
- Be sure to keep hot liquids and foods away from counter or table edges where they can be easily knocked off by children
- Unplug appliance cords when not in use and keep them out of children's reach



## Food & Cooking Safety

**Clean:** Wash hands & food-contact surfaces often. Bacteria can spread throughout the kitchen & get onto cutting boards, knives, sponges, & counter tops.

**Separate:** Don't cross-contaminate--don't let bacteria spread from one food product to another-especially true for raw meat, poultry and seafood. Keep these foods and their juices away from ready-to-eat foods.

**Cook:** Cook to proper temperatures. Foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria that cause foodborne illness.

**Chill:** Refrigerate promptly. Refrigerate foods quickly keeps most harmful bacteria from growing and multiplying. Keep refrigerator set at 40 F & freezer at 0 F, check settings occasionally with a thermometer.

US Department of Agriculture

Meat and Poultry Hotline:

**1-800-535-4555**

1-800-256-7072 (TDD/TTY)

Sources: National Safety Council, American Academy of Pediatrics, and SAFEKIDS Worldwide

