Cleaning Up

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Knowing where the dirt and germs are helps us with cleaning.

Check (□) if Yes

Do You:

☐ Always work with clean hands and fingernails?

☐ Wash your hands with soap and warm water after using the toilet, smoking, blowing your nose, or touching a pet?

☐ Keep your hands away from your mouth, nose, and hair? Cover your coughs and sneezes with tissue?

☐ Avoid using cooking utensils to taste food? Keep from licking your fingers?

☐ Keep pets out of the kitchen and eating area?

☐ Use hot soapy water to clean cutting board, knives, and equipment after cutting raw meat or poultry?

☐ Wash your hands well after handling raw meats or poultry?

☐ Make sure you have clean work surfaces and clean utensils to prepare food?

☐ Wash the can opener blade regularly?

☐ Wash or replace soiled sponges, brushes, dishcloths, and towels?
Safety Checks for the Kitchen

Temperatures
Refrigerator ________
Freezer __________

Food
☐ Wrapped/Covered?
☐ Labeled and Dated?
  ☐ Opened packages
  ☐ Leftovers

Clean Kitchen Surfaces
☐ Counter tops
☐ Sink area
☐ Cutting boards
☐ Stove top

Clean Refrigerator
☐ Walls
☐ Shelves
☐ Drawers
☐ Doors

Clean Kitchen Cabinets
☐ Shelves
☐ Doors

Written by Kathy Daly-Koziel, former EFNEP Coordinator

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