Keep Foods Safe for Every Body:

Keep it Clean

Knowing where the dirt and germs are will help us keep our kitchen cleaner.

Place a checkmark beside each item if you:

- Keep your hands and fingernails clean as you work?
- 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?
- Avoid licking your fingers?
- Keep pets out of the kitchen and eating area?
- Use hot soapy water to clean cutting boards, 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 or Covered?
- Labeled and Dated?
- Opened packages
- Leftovers

Clean Kitchen Surfaces
- Countertops
- Sink area
- Cutting boards
- Stovetop

Clean Refrigerator
- Walls
- Shelves
- Drawers
- Doors

Clean Kitchen Cabinets
- Shelves
- Doors

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Revised 2015.