

It is important for participants to see the space they will be using and understand the areas of the kitchen. Placing multi-sensory labels on the outside of drawers and cabinets to help identify where things are located is always a great idea (multi-sensory approach using photos and words).

Areas within a Kitchen

- Sink
 - Handwashing
 - hand soap, towels
 - Rinsing of food
- Dishwasher
 - Dish soap, drying rack, towels
- Refrigerator & Freezer
 - Storing cold items in
 - Remember to read the labels to see if the food needs refrigerated after opening
- Pantry
 - Storing dry ingredients, canned goods
 - Spices
- Utensil Drawers (spatulas, eating utensils, whisks, measuring cups & spoons, etc.)
 - Storing utensils used in food prep
- Cabinets
 - Plates, bowls, glassware, etc.
- Food prep tools
 - Blender, mixer, etc.
- Cooking mechanisms
 - Toaster, microwave, stove, crockpot, grill, pots and pans, etc.

Allow the participants to explore and ask questions about the items. Explain a use for each item.

Why is it important to wash your hands?

- Bacteria/Germs can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food.

When should you wash your hands?

- Before eating food
- Before, during and after preparing food
- Before and after treating a cut or wound
- Before and after caring for someone who is sick
- After handling uncooked eggs or raw meat, poultry or seafood (or their juices)
- After blowing your nose, coughing or sneezing
- After touching an animal or animal waste
- After touching garbage
- After using the toilet

How long should you wash your hands for?

- Wash your hands with warm water and soap for at least 20 seconds

How do you wash your hands?

- Wet your hands with warm running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers and under your nails.
- Continue rubbing hands for at least 20 seconds.
 - about the time it takes to sing the "Happy Birthday" song twice
- Rinse your hands well under running water.
- Dry your hands using a clean cloth or paper towel.

Practice



Why do we wash surfaces?

- Bacteria that can cause illness can survive in many places around your kitchen. Keep countertops and other kitchen surfaces clean to prevent cross-contamination.

When do we wash surfaces?

- **Wash Surfaces Often**
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.

How do we wash surfaces?

- **CLEAN SURFACES** with hot water and soap to remove dirt and debris. Do this after preparing each food item and before going on to the next food item.
- Keep your fridge clean
 - Wipe spills immediately and regularly clean the inside with hot water and liquid soap. Dry with paper towels.
- **SANITIZE SURFACES** as an extra precaution to kill germs.
 - Use a solution of 1 tablespoon of unscented liquid chlorine bleach and 1 gallon of water. Apply to surfaces, and allow to stand for several minutes. Air dry or pat dry with fresh paper towels.

Tips:

- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Keep books, backpacks, or shopping bags off the kitchen table or counters where food is prepared or served.

Practice



Cleaning and Sanitizing

WHY?

Stay healthy

X KILL GERMS X

WHEN?

Before

During

After

How?

Spray Paper towels

Clorox

I will wash hands and

clean surfaces ^{Before} cooking.