

Kitchen Safety Checklist:



Academy of Nutrition and Dietetics

EQUIPPED FOR A HEALTHY FEAST?

Planning a big meal or family buffet? Use the Kitchen Safety Checklist from www.HomeFoodSafety.org to make sure your kitchen is ready with the tools and resources you need before the big day.

- ✓ **TWO CUTTING BOARDS**
Keep one for raw meats and seafood and the other for ready-to-eat foods.
- ✓ **FOOD THERMOMETER AND COOKING TEMPERATURE GUIDE**
Ensure foods have reached the safe minimum internal temperature with a food thermometer.
- ✓ **SHALLOW CONTAINERS**
Store leftovers in shallow, covered containers to reduce their temperatures faster and help them stay safer, longer.
- ✓ **SOAP**
Have plenty of soap nearby so everyone helping in the kitchen can wash their hands thoroughly before and after handling foods. While lathering up, sing two choruses of "Happy Birthday" to make sure you wash your hands for 20 seconds.
- ✓ **PAPER TOWELS**
Sponges and kitchen towels can easily soak up bacteria and cross-contaminate kitchen surfaces and hands. When a crowd is coming over and food prep gets hectic, it can be better to use disposable paper towels.

And don't forget about these HomeFoodSafety.org resources ...



Cookie Rookie Pledge

Encourage kids to safely handle food in the kitchen with a pledge to not eat cookie dough containing raw eggs, which can cause food poisoning.



Keep It Cool: Food Storage chart

Find the shelf-life of leftovers and other foods with this resource.



"Is My Food Safe?" App

This free mobile app offers tips for proper food handling to reduce your risk of food poisoning, including cooking temperatures, shelf life of foods and more.

