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Cleaning Up

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Cleaning Up

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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