

Tips for Food Prep and Kitchen Safety

- 1 **Always keep your knives sharp**
 - By keeping your knives dull, you increase the chance of cutting yourself in the kitchen. Knives also last longer when they are taken care of properly (e.g, sharpened, washed by hand and right after use).
- 2 **Set up your cutting board properly**
 - It is important to make sure your cutting board is stable. Adding a paper towel under the cutting board can help keep the board from moving. You should position the cutting board to the edge of the table and keep your hips squared to the board. When cutting on the board, you should cut away from yourself.
- 3 **Always know the location of your knife**
 - It is suggested to place your knife at the top of the cutting board with the sharp edge of the knife facing away from you.
- 4 **Never leave a knife in the sink**
 - Leaving a knife in the sink could be forgotten about by you or someone else in the kitchen which could lead to hurting someone. When finished using a knife, wash it in the sink and place back in its storage location.
- 5 **Create a flat surface when cutting**
 - Cutting a flat side on fruits or vegetables allows you to have ability and prevents the item from moving when you are cutting.
- 6 **Separate Raw Meat/Poultry From Ready to Eat Foods**
 - It is recommended to have separate cutting boards for vegetables and fruits/ ready to eat foods and a separate board for raw meat and poultry. This is to not cross contaminate foods that could lead to food illnesses.

Mise En Place

This phrase is a culinary French phrase for “everything in its place.” All ingredients should be measured, cut, and prepared before starting to cook. It also includes bringing out the pots and pans the recipe will need to be cooked. Mise En Place helps to :

- This allows you to group ingredients together or in order of the recipe. Missing ingredients can be spotted before the recipe instead of half way through. It also allows for easier clean up.
- Mise En Place gives someone in the kitchen less stress when cooking. Less stress in the kitchen will keep you coming back to the kitchen to try new recipes and cooking methods.

For more tips visit, <https://bit.ly/3aOOMsG>, to watch the video created by Lily Smith on Kitchen Safety and Food Prep.

D-FEND FAST FACT



Project D-FEND: Diet, Food, Exercise, and Nutrition during social distancing. A collaboration between the University of Arkansas System Division of Agriculture's Center for Human Nutrition and the University of Arkansas Exercise is Medicine Program. The University of Arkansas System Division of Agriculture is an equal opportunity/affirmative action institution.