

# **Kitchen Hygiene and Safety Rules**

## **1. Wash your hands after:**

- \* entering the kitchen and handling cash
- \* swiping nose
- \* coughing incorrectly (into hands)
- \* sneezing incorrectly (into hands)

## **2. Announce yourself when walking near someone carrying:**

knife

hot stuff

## **3. Act like watching out for everyone's safety is *your job* because it is:**

- \* Wipe up spills immediately.
- \* Tend to cuts immediately.

- \* Wash all surfaces if you do get blood on them.
- \* Discard any food exposed to blood.

#### **4. In case of burns:**

- \* Immerse in cold water or apply cold wet compress for 5 minutes or more.
- \* Apply burn gel or aloe.
- \* Wrap gently.
- \* Stay hydrated.

#### **5. Respect body, mind, and spirit, your own and everyone's:**

- \* Don't come sick to Suppers. Feel better!
- \* Sneeze and cough *away*, into your shoulder, if necessary.

\* If you do sneeze into your hands, wash immediately.

## **6. Avoid cross contamination.**

\* Use a “mother spoon” and don’t double dip.

\* Wash cutting boards well immediately after handling meat.

\* Wash cutting boards well immediately after handling common allergens:

Wheat/gluten (not served here)

Tree nuts

Shellfish

Dairy product

Peanuts

Soy products

Eggs