

COOKING SAFELY

Be Kitchen Wise

Don't leave the kitchen while you are cooking. If you have to leave the kitchen to answer the doorbell or talk on the phone, set a timer or take a spoon to remind yourself that you are cooking.

- It's wise to have a fire extinguisher near the kitchen. Keep it 10 feet away from the stove on the exit side of the kitchen.
- Never pour water on a grease fire; turn off the stove and cover the pan with a lid, or close the oven door.
- When using pots and pans, turn their handles inward, toward the center of the stove, so it's less likely that anyone will pull or accidentally knock them over. A falling piece of hot cookware could easily result in painful burns, so turn handles inward, away from danger.
- When cooking, heat oil or grease slowly and watch them constantly until you are finished.
- Don't store items on the stove top, as they could catch fire.
- Keep the stove top clean and clear of anything flammable, such as food containers, towels (especially paper towels), potholders, etc.
- Keep kitchen appliances clean and in good condition, and turn them off and disconnect them when not in use.
- Don't overload kitchen electrical outlets and don't use appliances with frayed or cracked wires.
- Wear tight-fitting clothing when you cook. Here's why: an electrical coil on the stove reaches a temperature of 800 degrees. A gas flame goes over 1,000 degrees. Your dish towel or pot holder can catch fire at 400 degrees. So can your bathrobe, apron, or loose sleeve.
- Be sure your stove is not located under a window in which curtains are hanging.
- Clean the exhaust hood and duct over the stove regularly, and wipe up spilled grease as soon as the surface of the stove is cool.
- Operate your microwave only when there is food in it.
- Never use the range or oven to heat your home.
- Double check the kitchen before you go to bed or leave the home.

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