

## **Chef Chandra's Kitchen Rules, Safety & Sanitation Guidelines** *For All Cooking & Baking Classes*

Our kitchen is a place of creativity, teamwork, and delicious fun - but it is also a shared workspace where safety and cleanliness matter. Please read through the following kitchen guidelines carefully and always follow them.

### **1. Bathroom Usage & Handwashing**

**You MUST wash your hands in the bathroom before returning to the kitchen.**

- Wet your hands, apply soap, and scrub for at least 20 seconds.
- Rinse well.
- Dry your hands with a paper towel and throw it away **in the bathroom** trash can.

**When you re-enter the kitchen, you MUST wash your hands again.**

This second handwashing is required to prevent any germs from the bathroom (like those on doorknobs, handles, or clothing) from making their way into the kitchen and into the food we prepare.

#### **Why this matters:**

Washing your hands **inside the kitchen** after using the bathroom protects everyone from illness and prevents contamination of our cooking surfaces, tools, and food.

### **2. Knives & Sharp Items: Safety in Motion**

**Always announce when you're walking with a sharp object.**

Say loudly and clearly:

**"Knife in hand!"** or **"Sharp object in hand!"**

**When you hear this announcement:**

- **STOP where you are.**
- **Do not turn, back up, or move suddenly.** This helps keep everyone safe and gives the person carrying the sharp item space to move without bumping into someone.

#### **Knife safety tips:**

- Always carry a knife with the point down and the blade facing behind you.
- Never leave a knife in a sink or in water.
- Always use a cutting board.

### **3. Clean As You Go (CAYG)**

Keep your station tidy throughout the class. If you spill, clean it.

If you finish a task, wipe your station, rinse tools, and clear clutter.

**Before taking a break or lunch:**

- **Cover or refrigerate** any food that shouldn't be left out.
- **Remove and wash** knives, cutting boards, and other tools.
- **Wipe down your table or workstation.**

#### **Why it matters:**

A clean kitchen prevents cross-contamination, avoids pests, and helps us stay organized.

### **4. Know Your Stations**

There are **3 separate sinks** in the kitchen:

- **Handwashing sink:** for washing hands only
- **Food prep sink:** for rinsing fruits, vegetables, etc.
- **Dishwashing sink:** for washing tools, dishes, and equipment

Please only use each sink for its specific purpose!

## 5. Cross Contamination Awareness

When switching from one food to another (especially raw to ready-to-eat foods):

- **Wash your hands.**
- **Clean your tools.**
- **Wipe or sanitize your prep area.**

### Example:

If you're prepping raw chicken, you must clean everything - your cutting board, knife, and hands - **before** you move on to chop vegetables or fruit. This prevents the spread of bacteria.

## 6. Other Important Safety Reminders

- **Wear closed-toe shoes** - no sandals or slides.
- **Keep long hair tied back.**
- **No horseplay or running in the kitchen.**
- **Ask if you're unsure** how to use a tool or appliance.
- **Don't touch food that isn't yours.** Respect each other's space and ingredients.
- **Use potholders or towels** when handling hot items.
- **Stay alert:** watch for hot pans, knives, and others working around you.

By following these rules, you'll help keep our kitchen safe, clean, and fun for everyone. We are all responsible for our space and we all grow when we take pride in how we work together.

Let's cook with care, respect, and joy!  
Chef Chandra

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