

**The Minnesota State Fire Chiefs
Public Education Committee**



Recipe Book For Kitchen Safety



www.msfc.org

Recipe for Kitchen Safety

PUT A LID ON COOKING FIRES



Items Needed: Something to slide over the pot or pan and a potholder

Always keep the lid to the pot or pan you are cooking with readily available in case a fire should occur.

When a stove top fire occurs slide a lid over the pan, turn off the stove leave on stove covered unmoved overnight.

Chef's Notes:

NEVER USE THESE ITEMS ON A STOVETOP FIRE:

- **Water:** Will explode on contact with a grease fire causing painful and severe burns and cause the fire to spread.
- **Salt:** Requires you to put your hand over the fire, it also requires a large amount
- **Sugar:** Will burn and make the fire larger
- **Flour:** Will explode!
- **Baking Soda:** Requires you to put your hand over the fire, it also clumps and can cause the fire to splash and spread.

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THE FACTS ABOUT COOKING FIRES



Cooking fire remains the leading cause of home fires and injuries in MN and the US

Why do these fires happen?

Typically it's because people leave food unattended. Often these fires can start within minutes. There is no safe amount of time to leave cooking unattended.

- In the US, studies found that on average there are 117,000 home fires involving cooking equipment each year. These fires result in over 370 civilian deaths, up to 4,000 injuries, and over \$450 million in property damage.
- Cooking fires are not confined to the family kitchen. Cooking fires can occur on grills, turkey fryers, and any open flame or heat source that is used.
- Cooking fires are dangerous because people do not know how to put them out properly.
 - Cooking fires should be put out by sliding a lid over a pot or pan. In the event of a microwave or oven fire, keep the door closed and turn off heat source.

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READ LABELS AND FOLLOW DIRECTIONS

DO IT THE RIGHT WAY!

- Read the directions and warnings labels when using a new cooking ingredient, recipe, or appliance.
- Use the temperature listed on the cooking oil label.
- Some oil can catch on fire if the temperature is too high.
- In a turkey fryer, only use the frying oil recommend by the manufacturer.
- Never use gasoline to start a grill!

TEACH YOUR CHILDREN

- Teach your children that stove tops, ovens, microwaves, and other cooking appliances are tools for cooking and to comply with recommended cooking times and temperatures.
- Teach your children how to cook properly and how to read and follow directions.
- Children and teenagers should be taught to respect cooking appliances the same way we teach them to respect other tools.

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STAY AND LOOK WHILE YOU COOK



Items Needed: A watchful eye!

Unattended cooking is the leading cause of fires in the kitchen.

Stay in the kitchen when you are frying, grilling, or cooking on the stovetop.

- If you leave the kitchen for even a short period of time, turn off the stove.
- Make it a house rule for your family not to leave the kitchen when cooking. Do not let phones, people coming to your door, reading, answering e-mails or texting to distract you.

If you are simmering, baking, roasting, or boiling food, check it regularly.

- Remain in the home while food is cooking.
- Use a timer to remind you that you're cooking. It is smart to own a portable timer in case you must leave the cooking area. Bring the timer with you to remind you there are items cooking in the kitchen.

PREVENT SCALDS & BURNS



PLACE OBJECTS SO THEY CANNOT BE PULLED OR KNOCKED OVER

- Turn pot handles inward to prevent bumping them, a small child cannot grab them, or a pet cannot tip them.
- Keep appliance cords coiled and away from counter edges.
- Keep hot foods and liquids away from the edges of tables and counters.

KEEP KIDS & PETS SAFE

- Enforce a 3 feet “kid & pet -free zone” around any cooking area. Thousands of kids and pets suffer burns each year. Don’t keep anything on the stovetop that can temp kids or pets
- Teach children to stay away from hot things, explain how hot things can hurt
- If you have young children in the home, cook on the back burners.
- When children are old enough, teach them to cook safely.

DON'T GET STEAMED

Never use a wet oven mitt. A hot pan can convert the dampness into scalding steam.
Open microwave packages, like popcorn, slowly.

TIPS FOR SMART COOKING



BE NEAT, TIDY, AND CLEAN

- Keep combustibles away from cooking surfaces.
 - Pot holders, rags, curtains, bags, dish towels, etc. should be kept a good distance away from any open cooking flame.
 - Keep household cleaners away from heat sources.
- Wipe up spills, grease can catch on fire, keep your over clean.

ORGANIZE YOUR COOKING AREA KEEPING FIRE SAFETY IN MIND

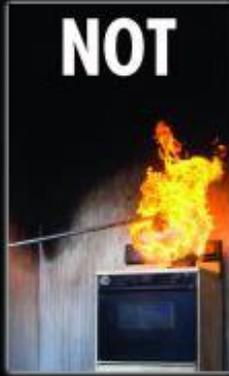
- Do not store items on the back of the stove; clothing can catch on fire when you reach for those items.
- Keep turkey fryers and grills a safe distance away from buildings.
- Never use any outside cooking appliance under the eaves of a building.
- Do not cook with loose or long sleeves that can dangle over the burners.
- No matter what age, if your clothes catch on fire, **STOP DROP and ROLL!**

GREASE FIRES

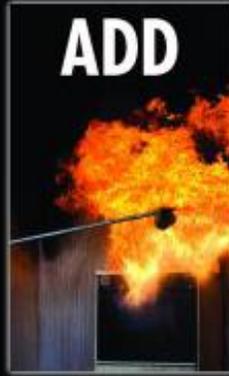
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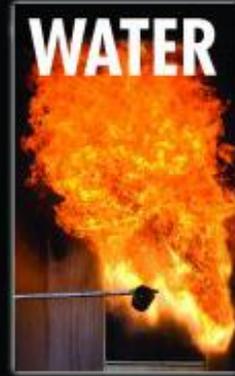
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ADD



WATER



Always use a metal lid or baking soda to extinguish the flames.

