Recipe for Kitchen Safety

Items Needed:
- Tight-fitting lid for the pan and a potholder

Chef's Notes:
- Telling baking soda was an old practice. Studies found most people panicked and did not know what to do. The fire can be extinguished by covering a pan with a lid or keeping the door closed on a microwave, oven or toaster oven.

Special Note:
- NEVER USE THESE ITEMS ON A GREASE FIRE.

When a grease fire occurs on your stove, stop air by pulling a lid on it, and when safe do so, remove the heat.

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Why do these fires happen?
- Most of these fires are caused by heating oil or fat. These fires result in over 370 civilian deaths, up to 4,290 injuries, and $1.23 million in property damage. A National Fire Protection Association (NFPA) study found that out of 11,171,000 home fires involving cooking equipment each year.

THE FACTS ABOUT COOKING FIRES

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2. Frequent, it's because people keep food unattended. Often the fires start within 15 minutes of cooking.

3. Cooking fires should be smothered by covering a pan with a lid or keeping the door closed on a microwave, oven or toaster oven.

4. Never use these items on a grease fire:
   - Water: It will explode on contact with grease and make the fire spread.
   - Sugar: Will burn and make the fire larger.
   - Flour: This explodes on contact with grease, causing painful and severe burns and severe property damage.

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PUT A LID ON GREASE FIRES
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READ LABELS AND DIRECTIONS

DO IT THE RIGHT WAY!
- Read the directions and warnings 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 not toys for playing.
- 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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DON’T LEAVE FOOD COOKING ON THE STOVE TOP UNATTENDED!

Needed items: A watchful eye
The leading cause of fires in the kitchen is unattended cooking.

Stay in the kitchen when you are frying, grilling, or broiling food.
- 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 yourself get distracted by phones calls, people coming to your door, reading, answering e-mails or texting.

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.
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PLACE OBJECTS SO THEY CANNOT BE PULLED OR KNOCKED OVER

- Do not cook with loose or long sleeves that can change over stove burners.
- Keep any combustible cooking appliances under the covers of a building.
- Keep kitchen items and flammable distance away from buildings.
- Place smaller items used for cooking in a place where they can reach for these.

KEEP KIDS & PETS SAFE

- Do not keep items on the back of the stove. Your clothing can catch on fire when you reach for these.

ORGANIZE YOUR COOKING AREA KEEPING FIRE SAFETY IN MIND

- Wipe up spills and caution can build up and catch on fire.
- Keep cleaners away from heat sources.
- Keep combustibles away from cooking surfaces.

BE NEAT, TIDY, AND CLEAN

- 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 use loose or long sleeves that can dangle over stove burners.
- No matter what age you are, if your clothing catches on fire, STOP DROP and ROLL.

PREVENT SCALDS & BURNS

- Turn pot handles away from the stove's edge so you can't bump them. A small child cannot grab them.
- Place objects so they cannot be pulled or knocked over.

TIPS FOR SMART COOKING

- Do not keep items on the back of the stove. Your clothing can catch on fire when you reach for these.
- Keep combustibles away from cooking surfaces.
- Keep numbers away from heat sources.
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