

Recipe for safer cooking

Follow these tips to protect you and your family when in the kitchen. Whether stirring up a quick dinner or creating a masterpiece four-course meal, here's a recipe for safer cooking you need to use daily.

To prevent a cooking fire in your kitchen

- Keep an eye on your cooking and stay in the kitchen. Unattended cooking is the #1 cause of cooking fires.
- Wear short or close-fitting sleeves. Loose clothing can catch fire.
- Watch children closely. When old enough, teach children to cook safely.
- Clean cooking surfaces to prevent food and grease build-up.



- Keep curtains, towels and pot holders away from hot surfaces, and store solvents and flammable cleaners away from heat sources. Never keep gasoline in the house.
- Turn pan handles inward to prevent food spills.

To put out a cooking fire in your kitchen

- Call the fire department immediately. In many cases, calling 9-1-1 will give you emergency services.
- Slide a pan lid over flames to smother a grease or oil fire, then turn off the heat and leave the lid in place until the pan cools. Never carry the pan outside.
- Extinguish other food fires with baking soda. Never use water or flour on cooking fires.
- Keep the oven door shut and turn off the heat to smother an oven or broiler fire.
- Keep a fire extinguisher in the kitchen. Make sure you have the right type and training.
- Keep a working smoke detector in your home and test it monthly.

BON APPETIT!