



Home Kitchen Food Safety Best Practices Check-Up

Part A: How clean is your kitchen? What grade would a food inspector give it? To find out, take a few minutes to complete this check-up. Check the box beside each number if **all** of the bulleted points are **TRUE** for your kitchen.

KITCHEN FACILITIES

- 1) Countertops and Cutting Boards:
 - Countertops and cutting boards have a smooth, corrosion-resistant, non-absorbent, and easily cleanable surface.
 - Countertops and cutting boards do **NOT** have pits, chips, scratches, deep grooves, distortion, or stains.
 - Countertops and cutting boards are clean to sight and touch.
 - Countertops and cutting boards are always sanitized before and after food preparation.
- 2) Food Preparation Equipment:
 - Equipment is clean to sight and touch.
 - Microwave oven seals and inside cooking space are free of debris (e.g., stains, crumbs, old food, dust).
 - Can opener is clean and free of debris.
- 3) Cleaning Equipment & Materials:
 - Hot water works.
 - Kitchen sponges/brushes/dishrags look fresh, clean, and visibly free of debris.
 - Paper towels are available.
 - Automatic dishwasher is available and functions.
 - Soap and/or sanitizer is available near kitchen sink.
 - Hands are dried only with paper towels or designated dishtowel that is **NOT** used for other purposes.
- 4) Overall Cleanliness:
 - Garbage is covered, or if exposed, is in an area at least a few feet from food preparation areas and is **NOT** overflowing from the container.
 - Pets are never in kitchen area or on food preparation surfaces (e.g., counters).
 - There is **NO** evidence of rodents (e.g., droppings) or insects (e.g., brown spots on or near baseboards).

PERISHABLE FOODS (e.g., dairy, eggs, meat, poultry, fish, and take out foods)

- 5) Transporting Perishable Foods:
 - Cold perishable foods are transported quickly from the grocery store and, once home, are immediately refrigerated or frozen.
 - Take-out and hot foods are transported quickly from the grocery store or restaurant and, once home, are immediately eaten, refrigerated, or frozen.
- 6) Preparing Perishable Foods:
 - Frozen meat, fish, and poultry are thawed in the refrigerator, microwave oven, or in cold water.
 - Frozen meat, fish, and poultry are totally thawed before they are cooked.
 - A food thermometer is used to be sure raw ground meat, chicken, and leftovers are heated to at least 165°F.
 - Only pasteurized eggs are used in recipes calling for eggs that are not cooked until the yolk is solid.
 - Immediately after cooking, large containers of hot food (e.g., soup, stews) are served or placed in shallow containers and cooled in the refrigerator or freezer.
- 7) Holding Perishable Foods:
 - Perishable foods, including those in picnic and packed lunches, are never left at danger zone temperatures (41°F to 135°F) more than 2 hours.
 - Perishable foods are discarded if left at danger zone temperatures (41°F to 135°F) more than 2 hours.
- 8) Refrigerated Foods:
 - Refrigerated foods are spaced to allow air to circulate freely.
 - Eggs are stored in their original carton.
 - Raw meat/fish/poultry is stored in sealed, non-leaking containers placed below produce and other ready-to-eat food.
 - **NO** refrigerated food is past its expiration date.
 - Leftover foods are labeled with date of preparation (or date purchased).
 - Leftover foods are eaten or discarded within 7 days.
- 9) Refrigerator:
 - has a working thermometer.
 - has a temperature between 32 to 40°F.
 - is cleaned and sanitized regularly.
- 10) Freezer:
 - has a working thermometer.
 - has a temperature less than or equal to 0°F.

