

Holiday Cooking Safety

The kitchen is the heart of the home around the holidays and children love to be involved with holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of cooking and people at home.

- Create a kid-free zone. Teach your children to stay a safe distance, at least 3 feet away, from hot stoves and appliances.
- Make sure kids stay away from hot food and liquids. The steam or splash from foods could cause serious burns.
- Use the back burners of your stove if possible and turn pot handles away from the edge.
- Keep knives out of the reach of children.
- Check to make sure electrical cords are coiled and away from edge so they are not within easy reach of a child.
- Never leave a child alone in the kitchen while food is cooking or there are hot surfaces.
- Keep matches and utility lighters out of the reach of children—up high in a locked cabinet.
- Teach older children how to cook safely. Teach them to never leave the kitchen while cooking and always use oven mitts or potholders when carrying hot pans or pots.
- Make sure your smoke alarms are working. Test them by pushing the test button.

Supervision is KEY!

Injuries can happen in an instant. Make sure your child is as safe as possible before turning your attention elsewhere.

