



# “Keep an Eye on What You Fry”

Serving the Cities of Burlingame and Millbrae  
and the Town of Hillsborough

November

## Cooking Safety

The kitchen is the heart of the home, especially during Thanksgiving when there is a lot of activity and people at home; safety in the kitchen is important.

Cooking is often a relaxing and fun task that brings family and friends together, and it provides a great way to showcase your creativity and love of good food.

But cooking is also the number one cause of home fires and home injuries. Being mindful while you cook, however, can go a long way to helping prevent these fires.

### “COOK WITH CAUTION”

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen when you are frying, grilling, boiling, or broiling food.
- If you are simmering, baking, or roasting food, check it regularly and use a timer to remind you that you are cooking.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains — away from your stovetop.



- Keep the floor clear so you don't trip over kids, toys or bags.

### Safety considerations for cooking with oil

Oil is a key ingredient found in the majority of today's kitchens. Whether a recipe calls for frying or sautéing, we include oil in almost all of our daily cooking. When using any of the many oils to prepare your meals like olive, canola, corn or soybean, consider the following safety tips when cooking:

- Always stay in the kitchen when frying on the stovetop.
- Keep an eye on what you fry. If you see wisps of smoke or the oil smells, immediately turn off the burner and/or carefully remove the pan from the burner. Smoke is a danger sign that the oil is too hot.



- Heat the oil slowly to the temperature you need for frying or sautéing.
- Add food gently to the pot or pan so the oil does not splatter.
- Always cook with a lid beside your pan. If you have a fire, slide the lid over the pan and turn off the burner. Do not remove the cover because the fire could start again. Let the pan cool for a long time. Never throw water or use a fire extinguisher on the fire.

- If the fire does not go out or you don't feel comfortable sliding a lid over the pan, get everyone out of your home and call the fire department from outside. Dial 9-1-1.

### If you have any doubt about fighting a small fire...

- Just get out! When you leave, close the door behind you to help contain the fire.
- Call 9-1-1 or the local emergency number from outside the home.



**Make sure your smoke alarms are working. Test them by pushing the test button.**

### Cooking and Kids...

Kids love to help in the kitchen, they especially love to be involved during holiday preparations; however children need to understand the importance of kitchen safety and safe cooking. Understanding the dangers of the kitchen and how to prevent them is an essential life tool that all children should learn.

- Have a "kid-free zone" of at least **3 feet around the stove** and areas where hot food or drink is prepared or carried.

- Make sure kids stay away from hot food and liquids.



- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.

- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.

- The steam or splash from vegetables, gravy or coffee could cause serious burns.

- Keep knives out of the reach of children.

- **Have activities** that keep **kids out of the kitchen** during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.

If kids are going to be in the kitchen, it's essential to supervise them at all times.

Restrict the jobs that you give them according to their age and ability. For example, pre-schoolers might only mix dough with their hands, whereas older children could peel and chop vegetables.

### Cool a Burn

Treat a burn right away. Cool the burn with cool water for at least 3–5 minutes or until the burn is less painful. Cover with a clean, dry cloth. Get medical help if needed.