

**The Minnesota State Fire Chiefs
Public Education Committee**



**Recipe Book For
Kitchen Safety**

www.msfc.org



Recipe for Kitchen Safety

PUT A LID ON GREASE FIRES



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

Always keep the lid to the pot or pan you are cooking with readily available in case a fire should occur.

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

Chef's Notes:

NEVER USE THESE ITEMS ON A GREASE FIRE:

- **Water:** It will explode on contact with grease causing painful and severe burns and the fire spread.
- **Sugar:** Will burn and make the fire larger.
- **Flour:** It explodes!

Special Note: Using baking soda was an old practice. Studies found most people panicked and did not remember which white substance in their kitchen smothered the fire.

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THE FACTS ABOUT COOKING FIRES



Fire caused by cooking remains the leading cause of home fires and injuries in Minnesota and nationwide.

Why do these fires happen?

Frequently, it's because people leave food unattended. Often the fire starts within 15 minutes of cooking, showing that there is no safe period to leave cooking unattended.

- A National Fire Protection Association (NFPA) study found that on average there are 117,100 home fires involving cooking equipment each year. These fires result in over 370 civilian deaths, up to 4,290 injuries, and \$453 million in property damage.
- Cooking fires are not confined to the family kitchen. Cooking fires can occur on grills, turkey fryers, and any open flame or heat source used for cooking.
- Cooking fires are dangerous because people do not know how to put them out properly.
 - Cooking fires should be smothered by covering a pan with a lid or keeping the door closed on a microwave, oven, or toaster oven.



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.

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.

PREVENT SCALDS & BURNS



PLACE OBJECTS SO THEY CANNOT BE PULLED OR KNOCKED OVER

- Turn pot handles away from the stove's edge so you can't bump them, a small child cannot grab them, or a pet cannot tip them.
- Keep appliance cords coiled and away from counter edges.
- Keep hot foods and liquids away from table and counter edges.

KEEP KIDS & PETS SAFE

- Enforce a "kid-free zone" 3 feet around any cooking area. Keep pets from underfoot. Thousands of kids and pets suffer burns every year.
- Teach children that hot things burn.
- If you have young children in the home, cook on the back burners.
- When children are old enough, teaching them to cook safely.

DON'T GET STEAMED

Never use a wet oven mitt. A hot pan can convert the dampness into scalding steam.
Open microwave packages, like popcorn, slowly.

TIPS FOR SMART COOKING



BE NEAT, TIDY, AND CLEAN

- Keep combustibles away from cooking surfaces.
 - Pot holders, rags, curtains, bags, dish towels, etc. should be kept a good distance away from any open cooking flame.
 - Keep cleaners away from heat sources.
- Wipe up spills and clean your oven. Grease can build up and catch on fire.

ORGANIZE YOUR COOKING AREA KEEPING FIRE SAFETY IN MIND

- Do not keep items on the back of the stove. Your clothing can catch on fire when you reach for these or similar items used for cooking.
- 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 cook with loose or long sleeves that can dangle over stove burners.
- No matter what age you are, if your clothes catch on fire, STOP DROP and ROLL!