



Baker's Kitchen Safety Checklist

While baking can be so much fun, practicing safety first is the most important things to remember when you are in the kitchen. Here is a little safety checklist to get you started. Please review this with a parent and add any additional tips you come up with below.



1

Always ask a parent's permission before cooking or baking in the kitchen.

While it's fun to surprise your parents, having a parent present while you bake is very important. You never know when something may go wrong or you will need help.



2

Always wash your hands before you begin.

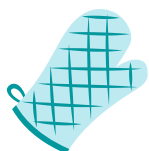
Since our hands carry germs, it is important to start by washing them. Clean hands are important for food safety.



3

Clean as you go.

Cleaning up small messes and spills as you work will help you have a clean kitchen when you are all finished and tired. It may really impress your parents too.



4

Have potholders and oven mitts available to handle hot items.

Potholders and oven mitts will help you avoid burning yourself on hot pans, ovens and stoves. Never grab anything out of the oven without an oven mitt.



5

Practice safety when using a knife.

Have a parent show you the right and wrong ways to use a knife so that you do not cut yourself. Always cut away from you.



6

Ask a parent before you lick or taste anything that has not been cooked or baked yet.

Eating or licking raw (uncooked) ingredients can make you very sick. Make sure to keep yourself safe and ask a parent before you taste anything.



7

Listen and Read

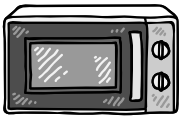
Listen to and read all of the instructions first. This will give you an idea of what will need to happen when.



8

Prevent cross contamination

Using clean utensils when handling separate ingredients can help prevent you from getting sick. If using a shared kitchen with gluten, separate utensils are especially important.



9

Use the proper plates and bowls in the microwave

Be sure to talk with a parent about what plates and bowls are safe to go into the microwave and which are not. Never put utensils into the microwave.



10

Wear the right clothes

Be sure to dress comfortably and wear clothes you do not mind getting messy. Wearing an apron can help keep your clothes clean.



11

Pull Your Hair Back

Pulling your hair back into a ponytail can help you prevent hair from accidentally falling into your batter or baked goods.

Please be sure to review these tips with a parent and write your own safety tips that are specific to your kitchen below. Whether you have been baking for a very long time or you are just getting started, reviewing safety tips will never get old. Keeping yourself safe in the kitchen will help you gain more confidence and keep you baking for years to come.

THIS CHECKLIST IS A GUIDE AND SHOULD NOT REPLACE A REAL CONVERSATION REGARDING KITCHEN SAFETY WITH YOUR CHILD. STAY GLUTEN FREE LLC ASSUMES NO RESPONSIBILITY FOR YOUR CHILD'S SAFETY IN YOUR KITCHEN.

Learn more about the GF Baking Club for Kids and classes offered at gfbakingclub.com