

A TASTE OF AFRICAN HERITAGE

Basic Safety and Sanitation Guidelines for ATOAH Teachers and Students

For Students:

- **Wash Your Hands Often!** Use warm water and soap for 20 seconds before and during food preparation, as well as prior to eating. Hand washing is a simple thing that you can do to prevent the spread of germs to others. If you have to sneeze or cough during the class, turn your head into your arm and do so there, away from your classmates. If you have to wipe your mouth or nose with a tissue, wash your hands before resuming food preparation.
- **Clean Produce!** Rinse fresh fruits and vegetables in running tap water to remove dirt. Discard the outer leaves of lettuce or cabbage. Because bacteria can grow on the cut surface of fruits or vegetables, store cut produce, including onions and garlic, in the refrigerator if not using immediately.
- **Don't Cross-contaminate!** Harmful bacteria can be transferred from one food to another by using the same knife, cutting board or other utensils, or even through hand contact. Always use a clean cutting board. Each type of food should be prepped and handled with a separate piece of equipment. For example, use one set of cutting boards, utensils and containers for raw poultry. Use another set for raw meat, and use a third set for produce. Avoid cutting onions and garlic on the same cutting board as fruit—not just for taste reasons, but to avoid cross-contamination. If you do have to re-use a cutting board, thoroughly clean and sanitize between uses.
- **Clean Cutting Boards and Countertops!** All work surfaces, equipment, and utensils should be cleaned and sanitized after each task.
- **Keep Knives Separate When Cleaning up!** Don't place your knife in a sink of soapy water with other items. A classmate or teacher could get hurt if they can't see the knife as he/she is cleaning up.
- **Don't Double Dip!** Sometimes you need to taste food as you are preparing it to adjust seasoning, etc. Please ask your teacher for a disposable tasting spoon, use it once, and then throw it away. Avoid tasting food with your fingers and re-tasting food with the same utensil. This may be okay among friends and family, but please show concern for spreading of germs among your classmates.
- **Tie Your Hair Back!** Please tie or cover your hair when preparing food. This way, you can avoid hair falling into food that everyone is sharing.
- **"Hot Behind!"** When carrying something hot, please announce that fact to those nearby. Let them know by saying, "Hot Behind!"
- **Focus with Knives!** When using a knife, focus on the task at hand! Don't allow yourself to get distracted by conversation. Keep knives away from the edge of a counter top.
- **"Knife Behind!"** Carry a knife by the handle with the tip down and the blade turned away from your body. Announce to those in your path: "Knife Behind!" This way, you can avoid people bumping into you and getting hurt.
- **Don't Catch a Falling Knife!** If you drop a knife or sharp object, DON'T try to catch it! Step out of the way and let it fall.
- **Please supervise children** in the classroom and keep them away from sharp objects and hot items.

For Teachers:

- **Familiarize yourself with your site location** and where it keeps a First Aid Kit and Fire Extinguisher if applicable. If your class location does not have a First Aid Kit, we recommend bringing some basic equipment like bandages and antiseptic with you.
- **Ask your students during the first class if they have any allergies or restrictions (e.g., peanut).**