Home Food Safety Inspection

When it comes to foodborne illness, how safe are you? Are there changes that you need to make in your kitchen to be safe? If you answer “true” to any of these items, you will need to make changes and start fighting BAC!

### Clean

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1. Sometimes I do not wash my hands before or during food preparation.
2. Sometimes I prepare food while I am sick.
3. I do not have hand soap in my kitchen.
4. I do not have soap for washing dishes.
5. I do not use hot water to wash my dishes.
6. Pets may walk on the countertops.
7. Dirty items, such as a can opener, pots and pans, are present in my kitchen.
8. The sink has pieces of food left in it.
9. The cloth, sponge, or dish towel has not been changed in a while.
10. I do not always wash the cutting board with hot soapy water or in a dishwasher between uses.
11. Sometimes the utensils I use for tasting are put back into the food being prepared.
12. Sometimes I put cooked food back onto a plate that held raw foods without first washing the plate.
13. The shelves and/or drawers of my refrigerator have bits of food, dried spills, and/or mold on them.
14. Insects and other pests are present.

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Separate

TRUE  FALSE

1. Raw meat is stored over cooked and/or ready-to-eat foods in the refrigerator.
2. Food that is being frozen is on top of the ice cube trays.
3. Food is stored near cleaning supplies.
4. Food is not covered well in my refrigerator.

Cook

TRUE  FALSE

1. I do not have a food thermometer.
2. I look at the color of food to see when it is done.

Chill

TRUE  FALSE

1. The temperature inside my refrigerator is above 40°F.
2. The temperature of my freezer is above 0°F.
3. I do not have a refrigerator/freezer thermometer.
4. Sometimes I thaw food on the counter or in the sink.
5. Sometimes I let foods sit at room temperature to cool before I put it in the refrigerator.
6. Sometimes I let cooked foods sit out at room temperature for more than two hours.
7. Sometimes I leave cold foods out of the refrigerator at room temperature for more than two hours.
8. Sometimes I put large pots of warm food in the refrigerator to cool.