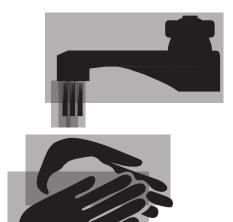# Cooking Safely

Washing Your Hands

Washing your hands is the best way to prevent the spread of germs.

Wash your hands and children's hands:

- Before, during, and after you prepare food
- Before you eat
- After you use the bathroom, change a diaper, or clean with chemicals
- After touching animals or animal waste
- More often when someone in your home is sick

Wash your hands properly with these steps:

1. Use warm running water and soap.

2. Rub your hands together for at least 20 seconds (the time it takes to sing "Happy Birthday" twice). Scrub under your fingernails, between fingers, and the backs of your hands.

3. Rinse and dry hands well.

Use Knives Safely

Our recipes call for a lot of slicing, dicing, chopping, and mincing. Use these tips to cut like a pro:

- **Watch your fingers.** Tuck your fingers toward your palm on the hand that is holding the food.

- **Lead down with the tip.** Angle the tip of the knife toward the cutting board.

- **Slice.** Cut through the food with a slicing or sawing motion. Don't just push down.

- **Create a flat surface.** When working with round foods like onions or potatoes, cut them in half first. Lay the flat side down, then keep cutting.