MCHS Family & Consumer Sciences Foods Lab Safety & Sanitation Procedures Contract

*The following are the rules and procedures for working in the FACS department kitchens.*

1. Hands need to be washed in hot, soapy water for at least 20-30 seconds before preparing any food in the kitchen.
2. Hands need to be washed at any and all points during the cooking experience after touching my hair, face, or nose, or after handling ingredients that potentially contain foodborne pathogens (example: chicken, eggs, meat or other protein ingredients).
3. Hands are always dried with paper towels, not on my apron or kitchen towel.
4. Dishes will always be washed using hot, soapy water, and a bleach dip rinse when specified by the instructor.
5. All counters will be sanitized with a bacteria/virus cleaning solution of chlorine bleach with a paper towel AFTER they have been washed with a soapy washcloth.
6. Groups will NOT be dismissed from cooking kitchen labs until all dishes and countertops are thoroughly and appropriately cleaned.
7. Long hair must be tied back and bracelets and rings must be removed. Mrs. Beattie is NOT responsible for keeping them.
8. I will wear an apron when I am in the kitchen. If I have to leave the food lab, I will take off my apron and place it on my kitchen counter or table. I must wash my hands when I return and then put my apron back on.
9. All planning for the food lab experience will occur before the lab including copying the recipe if needed before the day of the lab. If I am absent for the lab planning, I realize this could mean I am not prepared and able to cook in the lab.
10. All participants in the foods lab will experience all duties including cooking, mixing, cleaning, food preparation, and other duties as specified by the instructor.
11. My bottom is not to be sat upon counters, as countertops need to be free of bacteria and viruses (do NOT sit on the counters).
12. Baggy sweatshirts and coats should be left on the classroom side of the room and are not allowed in the kitchen. No clothing is allowed below the elbow.
13. Students must stay in their own kitchen areas unless gathering ingredients.
14. Wipe up all spills at once.
15. Close all cabinet doors and drawers immediately.
16. For peeling vegetables such as carrots or potatoes, use a peeler instead of a knife.
17. If a knife or other sharp object starts to fall, get out of the way. Do not try to catch it in mid-air.
18. Wash, dry and store knives separately from other dishes and utensils.
19. Keep your fingers away from beaters and blades in appliances.
20. I will not eat raw batters or dough. Doing so puts you at risk of getting a foodborne illness, such as salmonella.
21. Use knives and other tools only for their intended purpose.
22. Keep pan handles turned inward on the range.
23. Check to be sure all appliances are turned off when you are finished with them.
24. Use a spoon or tongs, not your fingers, to remove food from pots and pans.
25. Keep electrical cords away from water and hot objects.
26. Unplug portable appliances after using them.
27. Unplug portable appliances before cleaning them.
28. Before using an electrical appliance, make sure your hands are dry and that you are standing on a dry surface.
29. Wash dishes, pans and utensils as you use them, allowing them to dry on the drain board when possible.
30. When tasting foods, use a spoon other than the one used for stirring. Use a clean spoon for each person tasting and for each time food is tasted.
31. When possible use a kitchen tool, not your hands to complete tasks.
32. Put all clean and dried appliances, utensils and equipment in their proper places.
33. Cutting boards and hot pads must be used to insure safety.
34. Observe all common-sense safety precautions.
35. I will only use amounts listed on the recipes are to be used. I don’t expect milk and other supplies to be consumed at will. These are ingredients, not my meal replacement.
36. I will eat my food or drink at my table, not in the kitchens. Eating and drinking in the kitchen spreads germs and illnesses.
37. My group will usually be graded as a whole. I will encourage each person to do their part.
38. Clean off all surfaces including mixers, blenders and stove tops. Clean out sink (scour if necessary) and put all soiled dishtowels in washing machine. My apron strings must be tied together and put in the washer as well.
39. Clean off tables in classroom area if used.
40. If I store leftover food, it must be labeled with the food product name and today’s date.
41. Complete a kitchen lab evaluation and turn it in with your lab plan. Your lab evaluation must be turned in to receive points for the lab.
42. Be courteous and respectful to all members of the class.
43. Under no circumstances should there be horseplay in the kitchen (towel slapping or spraying each other with water or chemicals). Inappropriate actions in the kitchen will result in a kitchen lab suspension or class suspension.
44. I will do my best and be a good listener.
45. I will follow instructions listed on my recipes.
46. I will immediately ask the instructor when I have questions or concerns.

STUDENT’S NAME: HOUR:

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**FOODS LAB SAFETY & SANITATION PROCEDURES**

We have read the Foods Lab Safety & Sanitation Procedures for working in the MCHS FACS Department. The student agrees to follow these procedures and rules. Failure to observe these procedures and rules will result in the student not participating in the food lab or class suspension.

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Student signature Date

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Parent signature Date

Does your student have any food allergies? \_\_\_\_ NO \_\_\_\_ YES. If yes, what are they?

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**In spite of every precaution, accidents can happen. If a medical emergency should occur, the following information may be necessary for your child to receive the proper medical care.**

Phone Number where parent or guardian can be reached: (work) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(home) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student is covered by parent’s or guardian’s medical insurance. 

Student is covered by school insurance. 

Student is not covered by medical insurance. 

Insurance Company: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Policy Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_