

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

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

Fraser, A. M. and Bearon, L. B.
 2000. For Your Health, Food Safety Begins at Home.
 Available online at:
<http://www.foodsafety.gov/consumers/training/FYH.html>

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EFNEP
 EXPANDED FOOD AND NUTRITION
 EDUCATION PROGRAM

K-STATE
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 North Carolina





Separate

- | | TRUE | FALSE |
|--|--------------------------|--------------------------|
| 1. Raw meat is stored over cooked and/or ready-to-eat foods in the refrigerator. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Food that is being frozen is on top of the ice cube trays. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Food is stored near cleaning supplies. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Food is not covered well in my refrigerator. | <input type="checkbox"/> | <input type="checkbox"/> |



Cook

- | | TRUE | FALSE |
|--|--------------------------|--------------------------|
| 1. I do not have a food thermometer. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. I look at the color of food to see when it is done. | <input type="checkbox"/> | <input type="checkbox"/> |



Chill

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