Being Prepared FOR SAFE CULINARY ADVENTURES!

Participating in great, safe, Scouting adventures can work up an appetite. Whether you’re getting ready for an adventure-filled day or refueling mid-way, it’s important to stay safe in the kitchen. Remember, when in an unfamiliar kitchen (like at a Scout camp) know where to find a fire extinguisher, first aid kit and fire alarm. Be familiar with the kitchen’s exits and evacuation plan.

- Tie back long hair. Don’t wear loose clothing or jewelry. Always wear closed-toe shoes.
- Inspect cookware before use. A loose handle can lead to your meal ending up over yourself, causing burns.
- Have a first aid kit.
- Keep work surfaces (cutting boards and counter tops) clean. Regularly wash them with warm, soapy water.
- Keep emergency numbers nearby – everyone knows 911, but it might not work in your community or at your camp. Make sure you know the emergency number for your area, and take the time to find other helpful numbers such as the number for your local poison control centre.
- Have a fire extinguisher nearby. Make sure you know how to use it and that it’s not expired.
- Unplug small appliances when not in use.
- Never leave anything cooking unattended.
- Keep dish towels, pot holders and oven mitts away from the stove.
- Promptly refrigerate temperature-sensitive foods, such as meat, fish and dairy products.
- Store kitchen cleaners out of reach of young children or in a locked cabinet.
- When cooking certain foods, especially raw meat, take steps to avoid cross-contamination. Separate raw meat from other items in the fridge and when preparing them.
- In the event of a grease fire, don’t use water to put it out. Use an approved fire extinguisher, salt or baking soda. Or smother the fire with a pot lid.
- When cutting and chopping, practise knife safety. Store sharp knives and other utensils out of reach of young children.

Wash your hands thoroughly before handling any food and after handling raw meat.

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