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.	☐	☐
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 sometimes use the same cutting board and/or knife for meats and vegetables.	☐	☐
11.	I do not always wash all of the surfaces that came in contact with raw meat, poultry or fish after cutting it.	☐	☐
12.	Sometimes the utensils I use for tasting are put back into the food being prepared.	☐	☐
13.	Sometimes I put cooked food back onto a plate that held raw foods without first washing the plate.	☐	☐
14.	The shelves and/or drawers of my refrigerator have bits of food, dried spills, and/or mold on them.	☐	☐
15.	Insects and other pests are in my kitchen.	☐	☐

Fraser, A. M. and Bearon, L. B. 2000. For Your Health, Food Safety Begins at Home.

Fix It Safe

Separate

	TRUE	FALSE
1. Raw meat is stored above cooked and/or ready-to-eat foods in my 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.	☐	☐
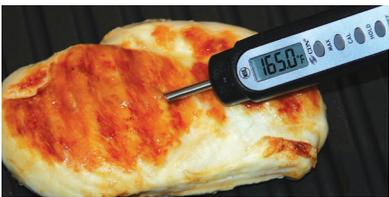
Cook

	TRUE	FALSE
1. I do not have a food thermometer.	☐	☐
2. I look at the color of food to see when it is done.	☐	☐
3. I have a food thermometer, but I don't often use it to check to see if meat is cooked to a safe temperature.	☐	☐

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.	☐	☐