

KITCHEN

Organization Printables



TheByzantineLife.com

A decorative graphic consisting of several overlapping, curved green lines that form a series of arches, resembling a stylized sunburst or a series of overlapping arches. The lines are a vibrant green color and are set against a white background.

A CLEAN KITCHEN

Quick and Easy

- Fill sink with hot soapy water to add and wash dishes as you cook
- Put vinegar into a spray-bottle, spray dishes used with raw foods before placing in the sink
- Wipe counter down before and after use with food
- Use different cutting boards and different knives for raw and prepared foods
- Wash "raw" board and knife immediately after use and before using with a different raw food



FOOD SAFETY



WASH YOUR HANDS

When you enter the kitchen

Switching between cooked
and ready to eat food

After putting garbage in bin

After using cleaning agents

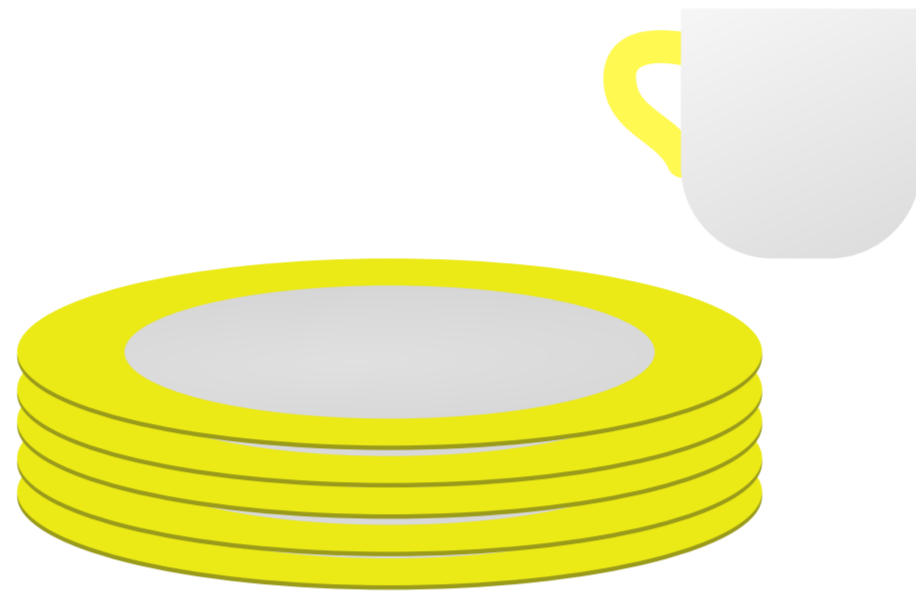
After touching your
hair, face, or clothes

After handling Pets

Wash your hands everytime
one of these happens



THE GOLDEN DISHES RULES



- 1. Scrape leftovers into trash
- 2. Rinse off with water before setting down
- 3. Stack dishes with like dishes
- 4. Wash dishes after the evening meal every day

Kid Proof Kitchen

- Add latches to all cupboards (including those a child could reach by climbing a chair)
- Add cushioning/gaurds to sharp corners
- Saftey latch cupboards/fridge
- Double guard where spices, wrap dspensers, sharp utencils, and cleaning supplies are kept.
- Tie knots in plastic bags before disposing them
- Child-proof the garbage can
- Use back burners on stove, and turn pot handles backwards
- Don't open oven with child near
- Place glass jars at the back of fridges
- Unplug small appliances when not in use

Daily Vitamins

Vitamin A

Milk. Eggs. Dark Orange Veg(Carrots/Pumpkin). Dark Green Veg (Kale). Orange Fruits

Vitamin C

Citrus Fruits. Strawberries. Peppers. Tomatoes. Broccoli. Spinich

Vitamin D

(Sunlight). Egg Yolks. Oily Fish (Salmon. Tuna.) Fortified Foods.

Vitamin E

Vegetable Oils. Nuts. Leafy Greens. Avocado. Wheat Germ. Whole Grains.

Vitamin B6

Eggs. Potatoes. Banana. Beans. Nuts. Red Meat. Poultry. Spinach.

Vitamin B1

Lean Meats. Soy Foods. Peas. Whole Grains.

Iron

Eggs. Hummus. Beans. Tofu. Baked beans. Duck. Beef. Ground Meat. Chicken. Pork. Asparagus. Turnip/beet Greens. Kale. Green Peas. Tomato Sauce. Oatmeal. Pasta. Yogurt. Oysters. Octopus. Clams.