



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

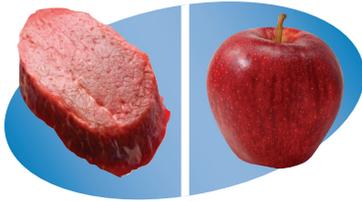
- | | | |
|---|--------------------------|--------------------------|
| 1. Sometimes I do not wash my hands before or during food preparation. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Sometimes I prepare food while I am sick. | <input type="checkbox"/> | <input type="checkbox"/> |
| 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 have 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.foodsafetysite.com/consumers/training/FYH.html>



NC STATE UNIVERSITY





SEPARATE

1. Raw food is stored over cooked and/or ready-to-eat foods in the 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.

TRUE **FALSE**



COOK

1. I do not have a food thermometer.
2. I look at the color of food to see when it is done.

TRUE **FALSE**



CHILL

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.
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.

TRUE **FALSE**