



International Student Kitchen Use Guidelines



○ Kitchen Basics

- Always wash hands with soap and water before using the kitchen.
- Cook when your family is present when you first arrive. This will allow you to ask questions, and allow your family to help you understand how to use the appliances and cookware.
- Cook during daytime hours, and not after 10:00 p.m.
- Do not leave the kitchen while any appliance (stove, microwave, oven) is in use.
- If you are serving the food to others, do not put utensils in your mouth and then back into the food.
- Cut food on a cutting board - NEVER cut with a knife directly on counter.

○ Stove

- Flat top stoves - clean before (if needed) and after use with stove top cleaner.
- "High" setting is only used for boiling water. Ask your family what setting to use for other cooking.
- Cooking in oil - please cover the pan to avoid splattering, and move anything on the counter which is close and could be splattered. **DO NOT pour oil into the sink.** Ask your family how to dispose of used oil. If the oil catches fire, cover it immediately. If it does not go out, call 911 and a fire truck will come if needed.
- Hot pans require a "hot pad" under them when not on the stove. **DO NOT** place hot pans directly on any surface except the stove.
- Do not use metal utensils on any pan with a non-stick surface. Only wood or plastic is suitable.
- Do not set meat or other food items directly on the rack in the oven. Use an oven safe pan.



○ Refrigerator

- Shut the door on the refrigerator and freezer completely.
- Be sure you know which food you can and cannot access.
- Wash hands with soap before getting ice from the ice bucket.
- Store raw meats at the bottom of the refrigerator.
- Label your food if requested.

○ Microwave

- NO METAL in the microwave (no metal bowl, can, spoon, trim, etc).
- Cover food with a microwave cover, paper towel, or loose lid.
- Clean up spills and splatters right after cooking in the microwave
- Do not leave the kitchen while the microwave is running.



○ Other

- Wash counter and table after use.
- Wash dishes immediately, and do not leave dirty dishes in the sink or on the counter.

