



**LIVINGSTON
FOOD RESOURCE CENTER**
FOOD PANTRY • COMMUNITY KITCHEN

nourishing the minds, bodies, and hearts of our community's littlest chefs



Hand Washing:

WASH YOUR HANDS WITH YOUR CHILD TO ENCOURAGE GOOD HYGIENE HABITS

- **Step 1:** Turn on warm water and wet hands
- **Step 2:** Apply soap to wet hands
- **Step 3:** Scrub soap all over hands and between fingers
- **Step 4:** Scrub hands for 20 seconds while singing Happy Birthday to Daniel Tiger
- **Step 5:** Rinse hands under warm water
- **Step 6:** Dry hands with a clean towel

It is important to wash your hands before cooking and anytime they get messy

PROVIDE ADEQUATE SUPERVISION AND TALK TO YOUR CHILD ABOUT ASKING FOR HELP IN THE KITCHEN

Kitchen Safety:

Ways to stay safe:

- Always provide supervision
- Teach your child that the stove is hot
- Cook on the back stovetop burners
- Keep sharp knives out of reach
- Use plastic or metal dishware
- Don't taste test raw ingredients

Simple tasks for young children:

- Help identify ingredients
- Add dry ingredients into mixing bowl
- Mix dry ingredients with utensil
- Mix or mash wet ingredients with hands
- Help shape food on baking sheet



Call Kelsey @ 406-222-5335 for questions or email kelsey@livingstonfrc.org