Knives are a staple of a home cook's kitchen. A good knife makes meal prep easier and more fun. Here are some tips and tricks to use your knives safely and get the most out of them.

**Most used knives:**
- Chef knife
- Serrated knife
- Paring knife

**A sharp knife is safer than a dull knife.**

Keep knives sharp! Don’t scrape food off a cutting board with the blade. Don’t put knives in a sink of water. Periodically sharpen your knife at hardware store. Put a wet paper towel or wet rag under your cutting board so it doesn’t slip.

When not in use, place your knife at the top of your cutting board.

**Hold your knife with a pinch grip:**

**NOT STABLE**

**NOT STABLE**

**MOST STABLE**

**With round foods, create a flat surface.**

**Use "the claw" and keep your fingertips out of the way as you chop.**

**DON’T** try to catch a falling knife.

**DO** walk with the knife tip pointed down and the knife at your side.

**DO** pass knives handle first.

Solid Ground believes poverty is solvable. We meet basic needs, nurture success, and spread change.

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