

Knife Safety

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

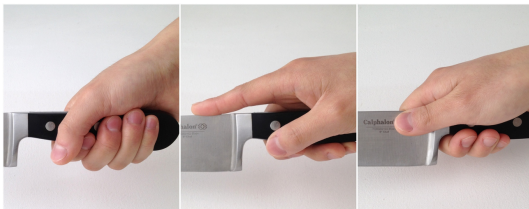
A sharp knife is safer than a dull knife.

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.



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