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’s 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 knives at a hardware store. Put a wet paper towel or wet rag under your cutting board so it doesn’t slip.

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

DO pass knives handle first.

NOT Stable

NOT Stable

MOST Stable

Hold your knife with a pinch grip.

With round foods, create a flat surface. Use “the claw” to keep your fingertips out of the way as you chop.

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