



# Food Safety Checklist

Name \_\_\_\_\_

**Directions:** Take the food safety checklist home and evaluate your kitchen and your family's food safety practices. Read each item below and place a check in the appropriate column. If the answer is yes, write the steps that will be taken to correct the problem. Discuss this checklist with your family to make them aware of food safety problems in your home. An explanation of each food safety problem and steps to correct the problem follows the checklist.

Problem	No	Yes	If yes, steps taken to correct
1. After shopping for groceries, food is left in a hot car or it is not taken home immediately.			
2. Food is bought or used that is in poor condition or in dented or bulging cans.			
3. The temperature of the refrigerator is above 40 ° F and the temperature of the freezer is above 0 ° F.			
4. The refrigerator is crowded.			
5. There is moldy or spoiled food in the refrigerator.			
6. There is food in the refrigerator that is past the labeled expiration date.			
7. Plastic bags are reused to store food.			
8. Raw meat, poultry, or fish is stored on top shelves of the refrigerator.			
9. Raw meat, poultry, or fish is stored with other food in the refrigerator.			
10. There are opened, partially eaten cans or containers of food in the refrigerator.			

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11. Refrigerator shelves and drawers are dirty.			
12. Leftovers are stored in the refrigerator in large, deep containers.			
13. Family members fail to wash hands before handling and preparing food.			
14. Family members fail to wash hands after handling raw meat, poultry, or fish.			
15. Instant hand sanitizers are used without washing hands first.			
16. Sponges, dish cloths, and dish towels are used two or more days without washing.			
17. Countertops, kitchen sink, and appliances are dirty and not sanitized on a regular basis.			
18. There are no paper towels or antibacterial soap in the kitchen.			
19. Frozen food is left out on the countertop to thaw.			
20. Raw chicken is rinsed in the sink before preparing.			
21. Pets are allowed on tables and countertops.			
22. Raw fruits and vegetables are eaten without rinsing.			
23. Food and drinks are left out at room temperature for more than two hours.			
24. Sandwiches made with meat and cheese and other perishable items are packed for lunches or picnics in paper sacks without freezer packs.			
25. Cookie dough, cake batter, and other food made with raw eggs is eaten.			

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26. Eggs are prepared and eaten that are runny and not fully cooked.			
27. Safe cooking temperatures of meat, poultry, and fish are unknown.			
28. A kitchen thermometer is not used to check the temperature of cooked meat.			
29. Potatoes, vegetables, or other food are stored with cleaning supplies.			
30. Cooked food is left to cool on the countertop before it is refrigerated or frozen.			
31. Family members share food and drinks with others or with pets.			
32. Food in serving dishes is touched with hands instead of serving utensils.			
33. Family members prepare food when they are sick or when they have an open wound.			
34. Spoons that are used for tasting are placed back into the food without first washing.			
35. When eating a food with dip, the food is partially eaten and then placed back in the dip ("double dipping").			
36. The same plate or utensils are used for raw meat, poultry, or fish and then used again without washing for the cooked food.			
37. Raw meat, poultry, or fish is cut on a cutting board and then another food is placed on the same cutting board without washing it first.			

