Parents and Caregivers,

Cooking is the No. 1 cause of home fires and home fire injuries. This year’s Fire Prevention Week™ (FPW) campaign, “Serve Up Fire Safety in the Kitchen!™”, works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

FPW is a perfect time to complete this cooking safety checklist together. If you checked YES on all the boxes, great job! If some boxes are checked NO, work together as a family to turn them into a YES.

Does a grown-up always pay attention to things that are cooking?

Does a grown-up watch the stovetop when he or she is frying, boiling, grilling, or broiling food?

If a grown-up must leave the kitchen for even a short period of time, does he or she turns off the burner?

Are things that can burn, such as dish towels, curtains, or paper, away from the stovetop?

Are the stovetop, burners, and oven clean — no spilled food, grease, paper or bags?

Are pot handles turned toward the back of the stove when a grown-up is cooking?

Do children and pets stay out of the kid-free zone (3 feet or 1 meter from the stove) when a grown-up is cooking?

Are containers opened slowly when removing from the microwave? Hot steam can escape from containers and cause burns.

Does your family have working smoke alarms on every level of the home, outside all sleeping areas, and in each bedroom?

Does your family have a home fire escape plan?

Do you practice the plan?