

USING A KNIFE SAFELY

- Always store knives in a holder or with the blades covered if you store them in a drawer.
- Always use a cutting board with a non-slip bottom when you slice.
- Keep a tray nearby that organizes all materials required for the slicing task.
- Be sure to use a sharp knife, which is safer than a dull one.
- When slicing foods, use a sawing or slicing motion. Using only downward downward pressure without sawing can cause the food item to flatten or slip away.
- Cut or slice **away** from your body instead of toward yourself.
- Cut round vegetables in half to make a flat cutting edge.
- Make sure that the fingers on your free hand are clear of the blade at all times.

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USING A KNIFE SAFELY *(cont.)*

- To avoid cutting your fingers, use a fork to hold food in place with your free (non-slicing) hand.
- Use a pizza cutter to slice a sandwich in half.
- A reversible black-and-white cutting board can provide contrast when slicing.
- For example, onions, potatoes, and yellow squash will show up more clearly on the black side, while the white side will provide greater contrast with tomatoes and green vegetables.

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