

# Knife Skills & Safety

## What to look for:

Find a blade that is 6 to 12 inches long and made of high carbon stainless steel.

## Caring for a knife:

- Hand wash in hot, soapy water.
- Dry between uses.
- Never put a knife in the dishwasher.
- Never drop a knife in soapy water to avoid denting the knife and to prevent someone who reaches into the water from being cut.

## Storing a knife:

- Store knives in a knife block OR cover the blade of the knife directly.
- Keep knives out of the reach of small children.

## How to Properly Use a Knife:

- A sharp knife is safer than a dull knife. A dull knife requires more pressure to cut, making it more likely for the knife to slip and cause an injury.
- Cut food items away from the body.
- Always use a flat surface, like a cutting board, when using a knife.
- Make sure your cutting surface is stable and not moving. If your cutting board is sliding on the countertop, placing a damp paper towel between the cutting board and countertop can help.

Learn more knife skills and safety at:  
[foodhero.org/knife-skills](https://foodhero.org/knife-skills)

Find more cooking and health tips at:  
[AbiRebuildHealth.org](https://AbiRebuildHealth.org)