

Making a Healthy Kitchen

1. Sweeping

When you sweep, cover nearby food and drinks. If possible do not sweep when people are eating or drinking nearby, or at least sweep gently and use a covered pan. Sweeping makes dust airborne and it could settle in food and drink. In urban areas dust often contains various pollutants.

2. Air quality

Keeping doors and windows closed in places by busy roads can improve indoor air quality, but remember to keep some air circulation. Plants, flowers and air purifiers can also help clean the air.

3. Water quality

In many places it is best to use a good water filter, and then boil before serving. It's often possible to arrange for a free check of your water quality by contacting the local water supplier.

4. Covering food

Keep food, drinks, and sauces covered or sealed to prevent contamination by insects, dust, saliva, and pollutants. Never put food directly on the floor, or leave it exposed to the rain.

5. Plastics and safety

Many plastics contain harmful chemicals. It is best to avoid using plastic containers and utensils with hot food. Wood, stainless steel, iron, ceramic and china are normally safer. If you must use plastic ensure it is heat resistant and contains no BPA. Never put plastic into a microwave oven unless it is microwave safe. Do not wrap food for long periods in cling film - especially creams and cheeses - and make sure the cling film contains no PVC. Remove cling film carefully and slowly from food.

6. Cutting food in plastic or paper



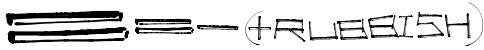
Food should never be cut while rolled up or wrapped up in plastic or paper. Remove the food and then cut. If wrapping and food are cut together then residues of the wrapping may go into the food.

7. Washing food well



Wash fruit and vegetables well before cooking or serving, even if "organic".

8. Disposable utensils



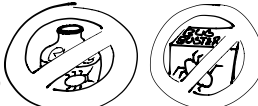
Use less disposable utensils such as chopsticks and plastic cutlery. They are wasteful and a health hazard.

9. Sealed kitchens



If possible ensure your kitchen is sealed so that rodents cannot enter. Also keep dishes, cups and kitchen utensils in sealed containers.

10. Insecticides or poisons



Avoid using insecticides or poisons: they often contain harmful chemicals. There are many humane and safe pest control solutions (see: Peacemakerfoundation.com for a list).

11. Separate cleaning items



Use separate cleaning tools for dishes and surfaces.

12. Natural cleaning solutions



To reduce exposure to unhealthy chemicals use less chemical-based cleaning products. Use natural cleaning solutions such as apple cider vinegar or lemon juice which can clean surfaces well and combat mould.

This poster is available at Peacemakerfoundation.com

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