

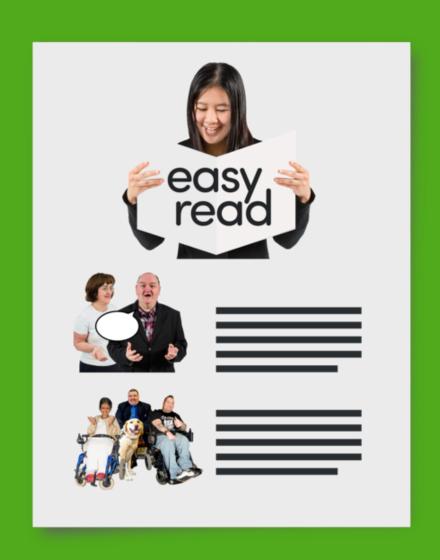


Using the kitchen safely

Safe use of your kitchen



About us & these booklets



This EasyRead booklet is part of a series of booklets about your housing.
We hope you find them useful.



We are Vert Housing, we have been providing specialist supported housing since 2021. We are a not-for-profit company. Company number 13218815



Your local office is Bakewell Court Office.

It is open from 9.30am to 5pm,
Monday to Friday
Please get in touch with us if you
have any questions or need any

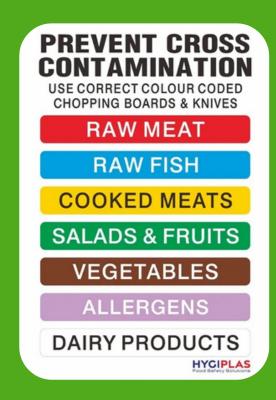
Details about how to get in touch with us are at the back of this booklet.

more information.

Safe use of your kitchen



When handling food, always wash your hands first.



Your support staff will help you keep your fridge-freezer safe so that your food doesn't make you poorly.



Use colour coded chopping boards to prepare your different types of food.



Always label your food with the date it was opened and the date it needs to be used by.

Safe use of your kitchen



Make sure that meat is cooked at the correct temperature. Your support staff are there to help if you need it.



Be very careful when using knives to prepare food.
Always hold them by the handles and never run whilst holding them.



Turn pan handles inward when cooking on the hob. This is safer for you.

Safe use of your kitchen



Always turn off appliances when you have finished using them.



When you have finished eating your food, always clean up after yourself.



Have fun whilst you are cooking in the kitchen!

How to get in touch with us



You can call our offices at any time of the day or night. If no one is there leave a message and we will get back to you.



Our number is: 0330 133 3072



Our email: info@verthousing.co.uk