

# Making a Healthy Kitchen

## 1. Sweep Carefully

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. Maintain 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. Maintain 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. Keep Food Covered

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. Use Less Plastic

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 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. Don't Cut 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. Wash Food Well

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

## 8. Dispose of Disposables

Use less disposable utensils like chopsticks or plastic cutlery. They are wasteful and a health hazard.

## 9. Create 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. Don't Use 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](http://Peacemakerfoundation.com) for a list).

## 11. Separate Cleaning Items

Use separate cleaning tools for dishes and surfaces.

## 12. Use Natural Cleaning Solutions

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