

Cooking at Home: Kid Safe Knives

A note to parents about using sharp knives at home

In FoodPrints, we use child-safe, hard plastic, serrated chef knives. When you are cooking at home, you may not have the same type of knives we use in FoodPrints. Don't sweat it. We recommend that you:



- start by working one-on-one with your child, guiding younger hands with your own
- go slowly
- emphasize safety!
- start with something easy like bananas and berries; carrots and butternut squashes are more advanced items to chop (for very young kids, Popsicle sticks work well to practice chopping soft foods like bananas)

Learn more about [kid-safe knife options](#) & and check out [kid-safe cut resistant gloves](#)

If you are *not* comfortable with your child using a knife, there are many other, not-knife-related tasks you can have them do in the kitchen. Kids love helping to wash produce; measure spices; grate cheese or carrots; stir, whisk, or shake dressings in jars.

