

Kitchen guidelines and regulations

Keep good order at any time

- Put items back to their storage straight after use
- Brush or sweep the floor if you drop any items or fluids during your cooking
- Contribute to community: if something needs to be done – fix it.

Tabletop and sink: clean always straight after use.

- Do not leave any **dirt in sink**.
- Tabletop is not for storage – keep it empty/open and clean

Protect tabletop: Do not use knives/sharp objects directly on tabletop **-Always use chopping board**

Hand dish washing: Dry items with dishtowel **-DONOT AIRDRYER**. Put items back to right place after use.

Dish washing machine:

- Use only for plates, cutlery, glasses, cups. **DO NOT** use for cutting knives, pans & pots and other large items
- Empty machine when programme finished – put back items to their storage

Stove/oven and microwave: clean straight after use inside and out. **A clean stove is a must.**

Ventilation: **ALWAYS** pull out the **extractor hood** to switch it on during cooking on stove.

Fridge and Freezer:

- Keep your space clean
- Clear out the refrigerator and clean it thoroughly from inside
- Wrap your items so it does not smell or pollute other items
- Do not store open packagings, open cans etc.
- Wrap fruits/vegetables in bags or boxes
- Discard any leftover food

Use of deep fat fryer is strictly prohibited for safety reasons

Share your competence – if someone forgot to keep kitchen clean, fix it, and politely teach your fellow resident how things should be done to keep it all neat and clean at any time.

Kitchen capacity & efficiency

- **keep your stuff organized**, throw out items when expired, and restrict purchases to short term requirements.
- **Form cooking groups** with fellow residents. Will save you time and money, reduce food waste, and you may enjoy the cooking and company of others.
- **Discard the trash from the bins** and replace it with a fresh garbage bag
- **Wipe down the surfaces** of all appliances, worktops, drawers and cupboard after use

In case of repeatedly inappropriate behaviour/attitude and serious lack of respect by fellow residents: report to Monoma staff.