



Kids in the Kitchen

Do you like helping out in the kitchen and cooking up tasty snacks for your friends and family? Preparing yummy treats can be lots of fun, but it's important that kids who like to cook know how to be safe in the kitchen. These tips can help you figure out what you're old enough to do on your own—and when it's time to ask an adult for help.

Cooking for All Ages: All kids are different—and a grown-up should always decide what is safe for you to do in the kitchen—but here are some guidelines that you can use.



Kids aged 3-5 can:

- Get ingredients out of the refrigerator
- Measure and mix ingredients together in a bowl
- Pour liquids into a bowl
- Wash fruits and vegetables off under cold water
- Use a cookie cutter to cut shapes out of cookie dough
- Lick the cake batter off of a spoon (yum!)



Kids aged 6-8 can:

- Open packages
- Use a butter knife to spread frosting, peanut butter, etc.
- Peel vegetables
- Measure ingredients
- Stir ingredients in a bowl
- Set the table



Kids aged 9-12 can:

- Begin to follow a recipe
- Open cans
- Use electrical kitchen appliances, with adult present
- Use a grater to shred cheese and vegetables
- Turn stove burners on and off, with adult present
- Help plan the meal
- Make a salad



Kids aged 14+ can:

- Operate the stove or oven without an adult present
- Heat food up in the microwave without an adult present
- Drain cooked pasta into a colander
- Take a tray of food out of the oven

THIS YEAR'S THEME FOR FIRE PREVENTION WEEK IS ALL ABOUT EDUCATING CHILDREN AND ADULTS ABOUT HAZARDS IN THE KITCHEN BY LEARNING HOW TO SPOT DANGERS, REDUCE RISKS, AND RESPOND IN THE EVENT OF AN EMERGENCY.

Fire Prevention Week: Cooking safety starts with YOU
Pay attention to fire prevention

National Fire Prevention Month is celebrated every October to raise awareness about the importance of fire safety.

In addition to the month-long event is National Fire Prevention Week, from October 8 through 14.

As Fire Prevention Week approaches, Appleton, Milan, and Danvers Fire Departments reminds residents:

"Cooking safety starts with YOU. Pay attention to fire prevention."

This year's Fire Prevention Week campaign, "Cooking safety starts with YOU. Pay attention to fire prevention." The campaign works to educate everyone about simple but important actions they can take when cooking to keep themselves and those around them safe.

According to National Fire Protection Association

(NFPA), cooking is the leading cause of home fires and home fire injuries in the United States. Unattended cooking is the leading cause of cooking fires and deaths.

"Year after year, cooking remains the leading cause of home fires by far, accounting for half (49 percent) of all U.S. home fires," said Lorraine Carli, vice president of outreach and advocacy at NFPA. "These numbers tell us that there is still much work to do when it comes to better educating the public about ways to stay safe when cooking."

The Appleton Fire Department encourages all residents to embrace the 2023 Fire Prevention Week theme, "Cooking safety start with YOU," said Appleton Fire Chief and City Mayor Justin Koeppe. "A cooking fire can grow quickly. I have seen many homes damaged and

people injured by fires that could easily have been prevented."

Here are three key safety tips to help reduce the risk of a cooking fire.

1. Watch what you heat. Always keep a close eye on what you are cooking. Set a timer to remind you that you are cooking.

2. Turn pot handles toward the back of the stove. Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner.

3. Have a "kid- and pet-free zone" of at least 3 feet (1 meter) around the stove or grill and anywhere else hot food or drink is prepared or carried.

For more information about Fire Prevention Week and fire prevention in general, visit www.fpw.org and sparky.org



The Appleton Fire Department in alphabetical order: Ross Anderson, Ryan Anderson, Adam Clemen, Justin Golden, Kevin Johnson, Justin Koeppe, Quinton Lhotka, Thomas Kack, Nate Rutland, William Schuelke, Bryan Schuerman, Tygen Strand, Cody Thomson, David Tweten, Jordan Welling, Austin Mattocks, and Matthew Rheingans.

The Milan Fire Department in alphabetical order: Dean Arends, Anthony Crotty, Chuck Ellingson, Ryan Erp, Randy Fragodt, Jeff Feuerhelm, Ryan Grant, Jon Hanson, Mike Hanson, Jeff Higgins, Jim Kanten, Tim Kanten, Steve Kranz, Ryan Link, Josh Moen, Matt Norby, Christian Kanten, David Thompson, Ray Trager, and John Vetter. *Photo not available.*



Danvers Fire & EMS: David Larson, Timmy Nagler, Charles Tvedt, Nate Giese, Jarrett Yanish, Hugh Mattheisen, Ty Wersinger, Russ Kalthoff, Adam Nokleby, Eric Mueller, Eric Ziegler, Kent Rush, Brett Hoffman, Dustin Voorhees, Julie Commerford, Heather Giese, Lacie Wersinger, Joy Weber, Sandy Larson, Erin Nagler, Lacey Wersinger, Trudy Hoffman, and Amanda Kraft. *Not pictured: Blake Nagler, Cindy Lowry, Angie Rush, and Laura Aschman.*

Thank you Firefighters

Firefighters put their lives on the line to save people. Many of these firefighters are volunteers, so let's pay them back by showing our appreciation, thanking them for the valuable service they provide, and letting them know that we are very aware of the significant positive impact they have on our community.

The role of a firefighter

Yes, a Firefighter is responsible for rapidly, efficiently and safely performing various duties under emergency conditions frequently involving considerable hazard.

However, a firefighter does more than put out fires. That's just one of many things that a firefighter does. Because as well as extinguishing flames and saving people from danger, a firefighter also helps with hazardous materials, road traffic incidents, medical emergencies, floods, and even rescue cats in trees (yes, really).

And to stop things like this from happening in the first place, crews also carry out work with the local community, from fitting smoke alarms, supporting businesses with fire prevention and working with the police to keep our roads collision-free.

Keeping Safe in Case of Fire

Many older adults get hurt or die from house fires each year. Smoke alarms and escape planning can help keep you safe.

Smoke Alarms

Smoke alarms make a loud noise if they sense smoke or fire.

- Have smoke alarms in all of these places:

- On every level of your home, including the basement

- Directly outside of each sleeping area

- Test smoke alarms every month. You can ask a

family member, home care assistant, or case worker to test the alarms for you. Push the test button on the alarm; if it does not make a loud noise, the alarm needs new batteries or needs to be replaced.

- Never disable your smoke alarm by unhooking it or removing the battery. If your smoke alarm starts "chirping," the battery is running low and should be replaced.

Escape Planning

Think about how to get out of your home in case of a fire.

- Plan your escape around your abilities.

- If possible, identify two ways out of every room.

- Keep a phone and emergency numbers to call for help near your bed or sleeping area.

- If a fire starts, get out and stay out.

- If you cannot get out, get as low to the ground as you can so that you don't breathe in smoke. Smoke can be deadly.

- If you live with others, plan a safe place to meet outside after escaping.

Cinnamon-sugar chips -kid chef friendly!

- 6 T. unsalted butter, melted
- 1 T. sugar
- 3/4 tsp. ground cinnamon
- 12 flour tortillas (10" in diameter)
- Preheat oven to 375°.
- Stir together butter, sugar, and cinnamon in a small bowl.
- Brush tortillas with butter mixture. Using a butter knife, or a cookie cutter, cut each tortilla into 8 wedges.
- Put wedges in a single layer on a baking sheet.
- Bake until crispy (about 10 to 12 minutes).
- Make sure to let the chips cool on a wire rack before you eat them. Yum!
- Makes 8 dozen.

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