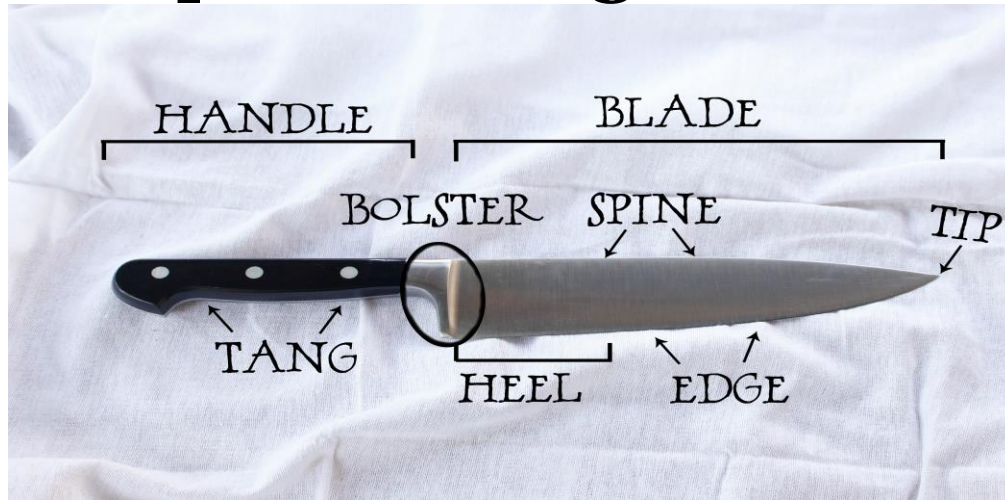


Farm to Childcare

Tips for Using a Knife



1. Stabilize the cutting board
2. Check your posture
3. Pinch-grip the knife
4. “The claw”
5. Create a flat surface whenever possible
6. Cut pieces uniformly for even cooking