

# Your Guide To A Safe, Efficient, & Sustainable Kitchen



**MAHONEY**  
ENVIRONMENTAL

## CHECKLIST

# Reducing Safety Hazards

**AVOID OVERCROWDING**

A small commercial kitchen can quickly become overcrowded by employees. Keep all entryways, paths, and exits clear of clutter and unneeded staff.

**DECREASE CHEMICAL HAZARDS**

Chemicals and sanitizers can cause rashes or burns on the skin. Always wear proper safety gear and follow the instructions on the bottle.

**PROPERLY TRAINED STAFF**

Several workplace injuries result from improper use of equipment or untrained kitchen staff. Adequately train kitchen staff to use the machinery and adhere to best safety practices.

**REDUCE BURN RISKS**

Wear heat-resistant gear and utilize proper operational procedures to reduce burn risks. Serious injury can result from handling hot pans and pots or direct contact with flames and electricity.

**AVOID FIRE HAZARDS**

Regularly inspect your kitchen equipment for signs of wear and tear. Never leave equipment on without supervision and remove all flammable materials from fire sources.

**HANDLING USED COOKING OIL**

Wear protective gear when handling hot used cooking oil such as heat-resistant gloves, full shield masks, full-body aprons, and closed-toe shoes.

**DECREASE KNIFE INJURIES**

Injuries to hands and fingers are common when using a dull blade or the wrong knife. Reduce the risk of knife injuries by keeping all kitchen knives sharp, using safe cutting techniques, and safely cutting away from the body.



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# Maximizing Kitchen Efficiency

### INVENTORY MANAGEMENT

Kitchen managers are in charge of managing inventory which can be simplified with the right tools. Restaurants might use a point of sale (POS) system to track ingredients, or the raw goods used to prepare menu items.

### STREAMLINED MENUS

A restaurant that offers a wide variety of menu items has to stock a wide variety of ingredients. Overstocking the kitchen leads to food waste. Create a menu with shared use of ingredients among dishes to reduce food waste.

### QUALITY STAFF

A successful team is crucial for a restaurant to prepare dishes and provide customers with an exceptional dining experience. Restaurant owners must ensure that chefs have the necessary resources to excel.

### EMPLOYEE FEEDBACK

Successful restaurant managers listen to the needs of their staff. Respond appropriately to complaints and concerns rather than letting the team handle them. Boost employee morale by offering support and asking each team member for feedback.

### ASSIGNED WORKSPACES

Cross-contamination is possible with shared workstations, putting diners with food allergies at risk. Designated workstations will prevent bottlenecks in the back of the house. Carve out individual spaces in the kitchen for specific duties.

### FUNCTIONAL EQUIPMENT

A well-functioning kitchen requires good-quality equipment and tools. Assign team members to check the equipment's cleanliness and operating condition at the start of each shift. Do not overlook essential tasks such as sharpening knives and stocking ingredients, as they are important for chefs.

### PROPER SCHEDULING

Successful restaurateurs adequately staff their business at the most demanding times. Employee scheduling apps prepare businesses for varying scheduling needs. A POS system can track sales trends, so restaurateurs can schedule enough staff for typically busy days.



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# Sustainable Kitchen Practices

### **REDUCE ENERGY WASTE**

Restaurants can cut costs and move toward a sustainable business model by installing energy efficiency upgrades and investing in renewable energy. Establishments may switch to LED lighting, use motion sensors, and upgrade to efficient Energy Star appliances.

### **REDUCE FOOD WASTE**

A third of all food produced for consumption becomes waste before reaching shelves and food service businesses. Restaurants can reduce food waste by composting scraps, forecasting inventory, and recycling used cooking oil with Mahoney Environmental.

### **REDUCE WATER WASTE**

Water wastage contributes to environmental degradation. By conserving water, restaurants can help preserve natural resources and ecosystems. Sustainable restaurants run a full dishwasher, install low-flow faucets and sprayers, and don't keep the water running.

### **REDUCE CONTAINER WASTE**

Sustainable restaurants can reduce their reliance on non-disposable products by opting for durable products. Switching to recyclable, renewable, or biodegradable alternatives will benefit the environment.

### **INCREASE SUSTAINABLE FOOD**

Restaurants can adopt sustainable practices by sourcing locally grown foods for fresher produce. Sourcing locally can also reduce the environmental impact of transportation and create relationships with local farmers.



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