

PUMPKIN CARVING SAFETY



Pumpkin carving is a favorite fall tradition, bringing families and friends together to embrace creativity and celebrate the season. As the crisp air sets in and leaves change color, carving pumpkins adds a festive touch to homes and creates lasting memories leading up to Halloween. While pumpkin carving is a beloved fall tradition, it's essential to prioritize safety to avoid accidents.

Here are a few tips to ensure a fun and injury-free experience:

- **Choose the Right Tools:** Use carving kits designed specifically for pumpkins. They are safer than kitchen knives and provide better control.
- **Work on a Stable Surface:** Ensure your carving area is flat and well-lit to avoid slips and mistakes. Wash and thoroughly dry all of the tools that you will use, including: carving tools, knife, cutting surface, and your hands. Any moisture on your tools, hands, or table can cause slipping that can lead to injuries.
- **Carve Before Removing the Top:** Instead of cutting the top off first, try carving your design with the pumpkin intact to maintain stability.
- **Supervise Children:** Let children draw designs and have them be responsible for cleaning out the inside pulp and seeds, but keep sharp tools in adult hands. There are also safer carving kits for kids to help them participate safely.
- **Use Battery-Operated Lights:** Instead of candles, opt for LED lights or glow sticks to illuminate your pumpkin and reduce fire hazards.



Save Your Pumpkin Seeds!

There are many ways to use pumpkin seeds after carving a pumpkin, including:

- **Snacking**

Roast pumpkin seeds for a crunchy, healthy snack. You can sprinkle them with salt and oil and bake them at 180°C for about 10 minutes, or add chili and other seasonings for extra flavor.

- **Planting**

Preserve the seeds to plant next year by cleaning and drying them. Soak the seeds in warm water to remove pulp, then drain and dry them on a dish towel for at least a day. Store them in a paper towel in an airtight container or sealable plastic bag in a cool, well-ventilated place. Plant them in late April or May for a fall harvest in late September.

- **Composting**

Add the pumpkin to your compost pile, as the seeds are hardy enough to survive the composting process

For more information on safe pumpkin carving, visit:

www.assh.org/handcare/safety/pumpkin-carving



County of Morris
Department of Law & Public Safety
Division of Public Health
P.O. Box 900
Morristown, NJ 07963-0900
(973) 631-5184



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