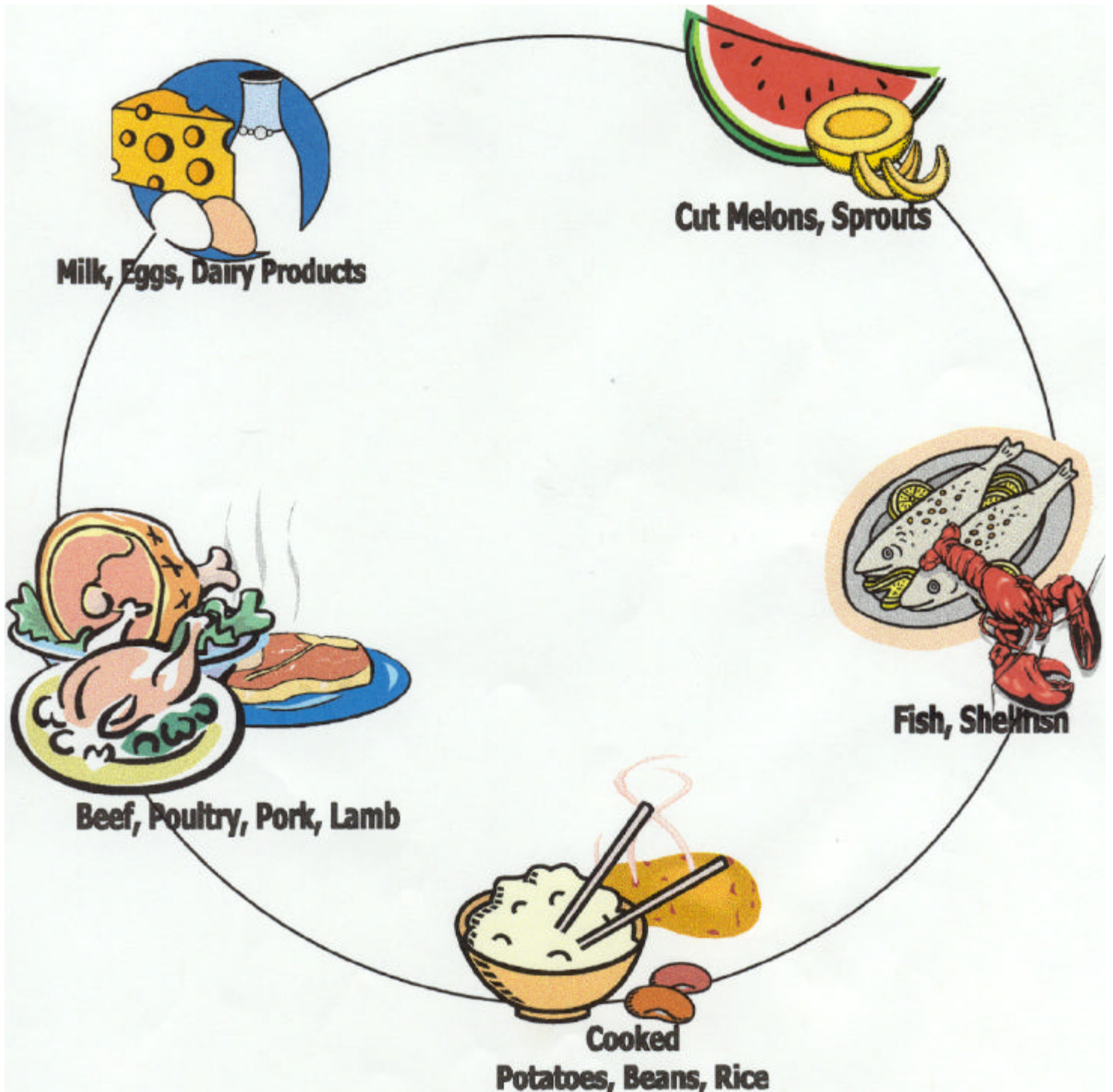


Child Care Training and Resource Kit
Food Safety
Handouts

Examples of Potentially Hazardous Foods



Infant Food Safety Policy

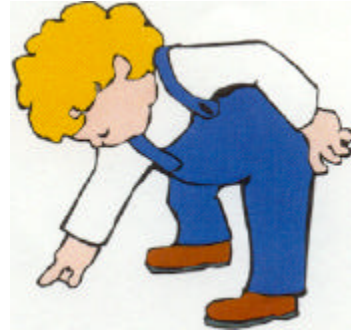
This policy is based on our love for babies and out of respect for the trust you have placed in us. Our staff does everything we can to provide for the comfort and safety of *your* baby. We take special care to handle all infant foods in a way that reduces the risk of food-borne illness. Some food-borne diseases can cause vomiting and/or diarrhea and may result in dehydration, which is especially dangerous for infants.



To reduce the risk of food-borne illness we do the following:

1. **Our staff follows sanitary practices when preparing formula.** All staff wash their hands before handling breast-milk, infant formula or food. We clean and sanitize all food preparation surfaces and use only clean and sanitized items, e.g. bottles, bowls, utensils.
2. **Bottles prepared at daycare will be mixed and fed to your infant right away, that is: "mixed on demand."**
3. **Breast-milk or formula will not be kept at room temperature for more than one hour.** This is done to prevent the growth of bacteria and reduce the risk of illness for your baby.
4. **All breast-milk and formula in bottles and opened baby food jars are kept refrigerated at 40* or less.**
5. **All unused breast-milk and formula in bottles will be discarded or sent home after 12 hours.**
6. **Frozen breast-milk**, in reasonable amounts, can be stored at our facility, with the approval of the infant supervisor/center director. We warm or thaw breast-milk in lukewarm water.
7. **We treat *baby food*** in a way that reduces the risk of illness for your baby. We serve baby food from a dish with a clean spoon (so saliva will not get in the jar). We only keep opened baby food for 24 hours.
8. **We do not use a microwave to heat breast-milk, infant formula, or baby food.** A microwave heats foods unevenly and can cause "hot spots", even with careful handling. We do not want to risk burning your baby. We do NOT microwave breast-milk. Microwaving breast-milk destroys much of the protection (immune function) breast-milk provides your baby.

What Parents Can Do...



- ♥ **Keep your baby's bottle(s) refrigerated until you are ready to leave home.** On arrival at daycare, we will immediately refrigerate all food, breast milk, and formula.
- ♥ **LABEL each bottle with your: baby's name and DATE bottle was prepared.**
- ♥ **Leave your child's partially used bottle at home (such as an early morning bottle.)** We will fix or give your child a new bottle when one is needed.
- ♥ **Send bottles for 1 day only.** All breast milk or formula will be sent home or thrown out at the end of the day. Frozen breast milk may be stored at daycare if approved by the director.
- ♥ **Send bottles filled with the amount your baby usually drinks instead of full bottles.** This may mean more bottles but it will cut down on waste. If your baby needs more breast milk or formula we will gladly prepare another bottle.
- ♥ **Send only unopened jars and cans of commercial baby foods.**
- ♥ **Use special care when sending family foods/finger foods.** We will gladly answer questions on how to handle food. If we can't answer your questions we will contact our local or state health department.
- ♥ **Hints for safe food handling include:**
 - ♥ Keep all items refrigerated until you leave home.
 - ♥ Put food in clean containers that close tightly or wrap food well to be sure it is well protected from contamination.





RECIPE FOR SUCCESS Prepare and Serve

Food Safety

With all the responsibilities you have caring for children, you may not give much thought to food safety. We learned to cook from our mothers and grandmothers so we probably think that we're doing OK. After all, we're alive, aren't we? (There may days when we wonder). But just like other health sciences, we've learned a lot about food safety since our grandmother's day.

We are very fortunate in this country to have a safe food supply. However, our food may cause more illness than we realize. You may be surprised to learn that health officials estimate most cases of "24 hour stomach flu" are really food-related illnesses (food poisoning). Here in Washington we all know how devastating E. coli can be, especially to children.

We are also very fortunate to have ways to protect ourselves and our children against food related illness. There are three simple rules for food safety. If we follow these rules we will all be healthier and happier .



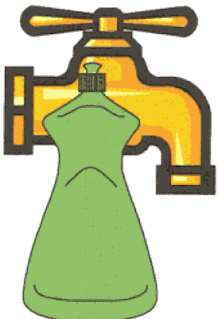
1. Keep hot foods hot and cold foods cold.

- Bacteria grow best between 40 -140 F. We call this the "danger zone".
- The longest time foods should be at room temperature is 2 hours (1 hour in hot weather).
- Cool foods in the refrigerator, not on the counter.
- Thaw frozen foods in the refrigerator, in a cold running water bath, or in the microwave.
- Marinate raw foods in the refrigerator, not on the counter. Throw out used marinade.



2. Thoroughly cook meat, fish, eggs, and poultry .

- Use a stem thermometer to check that meats and poultry are cooked to the recommended temperatures.
- Cook eggs so that yolks are not runny.
- Avoid eating foods with raw eggs (homemade ice cream or eggnog, cookie dough) unless prepared with pasteurized eggs such as Egg Beaters, or a similar products.

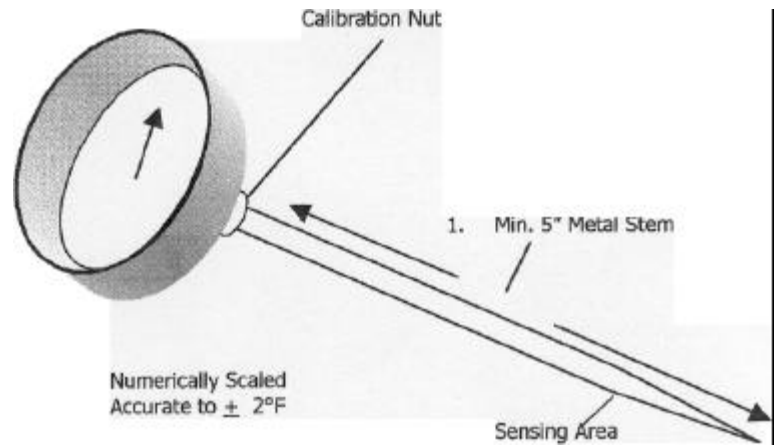


3. Keep equipment, hands, and food clean.

- "Wash, Wash, Wash Your Hands!"
- Dry hands on paper towels. Cloth towels spread germs.
- Wear a glove if you have an infected cut or sore on your hand.
- Clean and sanitize cutting boards, knives, and counter tops after each use. .Keep juices from raw meats, fish, or poultry away from all other foods.
- Serve cooked foods on clean platters; never on the platter that held raw meats, fish or poultry .

USE A STEM THERMOMETER IN CHILD CARE

Use a metal stem thermometer to check cooking temperatures of food products and maximum temperature of hot tap water.



- How to use to check food temperatures:**
1. Remove the thermometer from the case.
 2. Clean and sanitize the thermometer before and after use.
 3. Insert the thermometer in the thickest part of the product up to the dimple on the lower part of the stem .
 4. Allow time for the thermometer to stabilize.
 5. Calibrate your thermometer at least once a month to ensure accuracy .

- How to use to check water temperatures:**
1. Remove the thermometer from the case.
 2. Turn on the hot water tap and run the water until it is hot.
 3. Allow the water to run over the lower part of the stem, covering the area below the dimple. 4. Allow time for the thermometer to stabilize. 5. Calibrate your thermometer at least once a month to ensure accuracy.

How to calibrate a stem thermometer:

Fill a glass with crushed ice and water (more ice than water). Set the glass aside for 5-10 minutes. This will allow the ice to lower the water temperature to 32°F. Place the stem thermometer in the water deep enough to be above the dimple on the stem. Leave the thermometer in the water for a couple of minutes then read the dial; it should read 32°F. If it doesn't, use a small wrench or pliers on the hex nut located just under the dial and turn the dial to 32°F while in the ice water. Thermometers should be calibrated at least once a month.

Temperatures :

hot tap water:

120° Forless

refrigerator temperatures: 45° F or

less

minimum cooking temperatures: 165° F - poultry & poultry products 155° F -ground beef

150° F -pork and pork products

140° F -eggs, fish and all other foods

When a Fly lands on your Fries. . .

Flies like to breed on warm, moist, organic, decaying material. Their eating habits are similarly gross...



Flies can't eat solid food, so they soften it up by vomiting on it. . .



Then they stamp the vomit (and some germs) into a liquid . . .



When it gets runny, they suck it up, often voiding in the process. . .



*When they've finished eating, it's your turn...
Bon Appetite!*