

Chapter 8

Safe Food Preparation

What's In This Chapter?

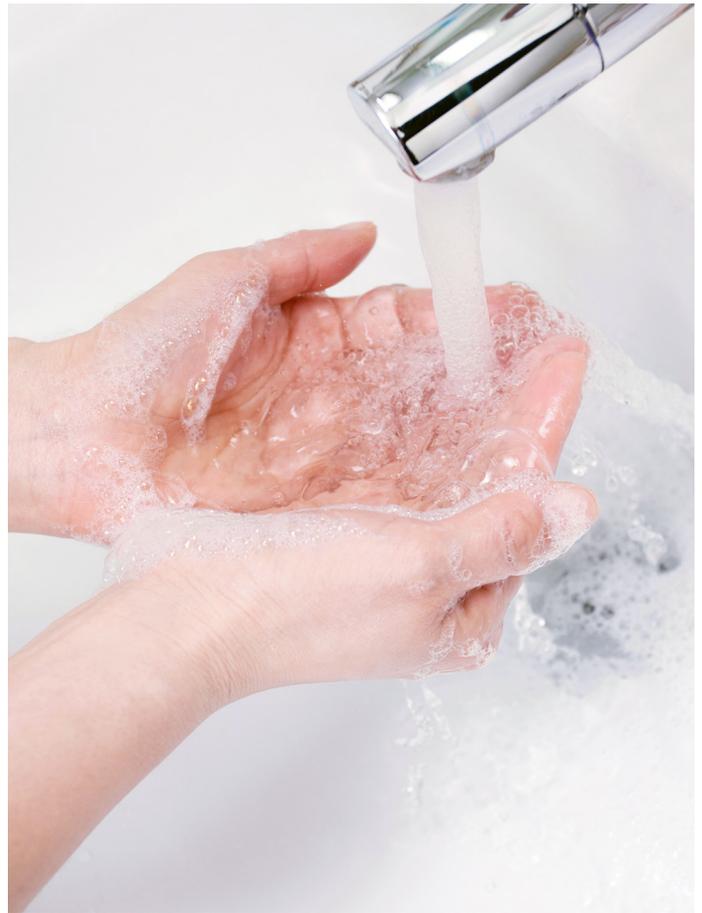
By the end of this chapter, child care providers will be able to:

- 1 Describe the correct way to wash their hands.
- 2 List the proper refrigerator and freezer temperatures for storing foods safely.
- 3 Describe how to reduce lead exposure from foods.

Babies and children under 5 years old are at a higher risk for getting sick from **foodborne illnesses** (food poisoning). They have a harder time fighting off infections compared to older children and adults. Take extra care when handling babies' food, bottles, and utensils to make sure they are safe and clean.



Washing a bottle to make it safe and clean.



Child care provider washing her hands.

Hand Washing

Washing your hands with soap and water for at least 20 seconds is one of the best ways to keep germs and disease from spreading. Be sure to lather the backs of your hands, between your fingers, and under your nails.

State and local requirements regarding safe food preparation in **child care sites** may vary. Contact your local health department to get a copy of your local food safety requirements for child care sites.

See the **“Hand Washing”** handout on **page 111**. It can be a helpful reminder if you post this page next to the sink and refrigerator at your child care site.

When Should Your Hands Be Washed?

Wash your hands thoroughly before you:



feed a baby



handle, prepare, serve, or touch food or bottles



handle spoons, forks, bowls, and plates



prepare bottles



put away clean dishes



give medication to a child



treat a cut or wound



care for a sick baby or child

Wash your hands thoroughly after you:



arrive at the site for the day



handle raw meat, chicken, turkey, pork, fish, or eggs



change a baby's or child's diaper or clothing



use the bathroom or assist a child in the bathroom



handle a baby or child who is ill or give medication



come in contact with runny noses, drool, vomit, urine, poop, or blood



blow your nose, sneeze, or cough into tissues or hands



get your hands dirty, or have been cleaning or working outside



wipe noses, mouths, bottoms, sores, or cuts



touch pets or other animals

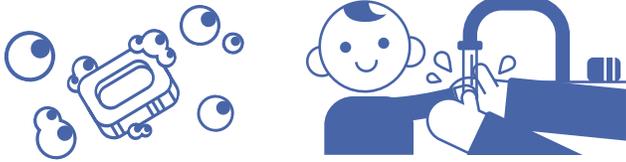


take out the garbage



shake hands with a parent or child

Make sure to wash a baby or child's hands before and after meals and snacks. Also, wash babies' hands after changing their diaper. Many babies place their hands in their diaper area during changing.



Did you know?

Children watch and learn from you! When you wash your hands often you are keeping children safe and teaching them healthy habits.

Prevent Spreading Illness to Others

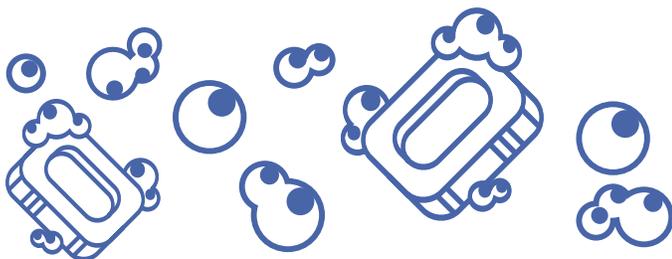
If You or Another Staff Member Has an Illness

People who are sick and handle food can spread their illness to others, including babies and children. Check with your State agency or local health department for guidelines on handling food if you or your employees are sick.

Cleaning Food Preparation and Eating Areas

Clean all food preparation areas before and after each meal. Items should be washed with soap and hot water and then rinsed with hot water. This includes:

- all surfaces used to prepare food, including cutting boards, countertops, and tables.
- cooking equipment and utensils.
- food service and dining areas, including high chairs.



Cleaning Dishes and Utensils

Dishes, feeding utensils, and high chair trays should be free of chips, cracks, or sharp edges. They should also be washed after each use.

Washable items such as bibs or placemats should be washed after each meal.



Cleaning dishes after a meal.

Protective Clothing

Wear clean clothing when working with breastmilk, infant formula, or food. Check with your State agency or local health department about specific requirements regarding the use of gloves or other types of protective equipment during food preparation.

Refrigerator and Freezer Temperature

Make sure the refrigerator at your child care site is set at a temperature of 40 °F (4 °C). The temperature in a freezer should be 0 °F (-18 °C) or colder. Check the refrigerator and freezer regularly with an appliance thermometer. If the temperatures are above these levels, have the appliances checked immediately by a qualified repair person.



Appliance thermometer showing the freezer temperature is at 0 °F (-18 °C).

Reducing Lead Exposure From Food or Water

Water can contain substances that are harmful to babies, such as lead. It is important to make sure the water in your child care site is approved by the local health department and safe to use. Exposure to lead can affect children's attention span and IQ, and can negatively impact their ability to do well in school. The effects of lead exposure are permanent.

To reduce the chances that a baby will be exposed to lead from food or water:

- ask your local health department how often your water should be checked for lead.
- do not feed babies any foods or beverages that were canned in another country (outside of the United States). These cans may contain lead which can leak into the food.
- avoid using imported dishware, as it may contain high levels of lead.
- do not cook, store, or serve foods or beverages in containers that may contain toxic levels of lead, such as:
 - decorative ceramic ware or pottery that has been imported.
 - antique ceramic or pewter containers, dishes, or utensils.
- wash each baby and child's hands with soap and water before feeding. This will wash away dirt and dust that could contain lead. Dust and dirt containing lead can come from outside or inside a building. For this same reason, it is important to regularly wash toys.

In This Chapter

In this chapter, you have learned about how to safely prepare foods and surfaces before and after meal and snack time. In the next chapter, you will learn how to prepare foods to prevent a baby from choking.

For Child Care Providers: Hand Washing

Hand washing is one of the best ways to stop the spread of germs that cause illness. Make sure to wash your hands thoroughly by following these steps:



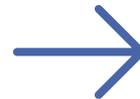
Child care provider washing her hands.



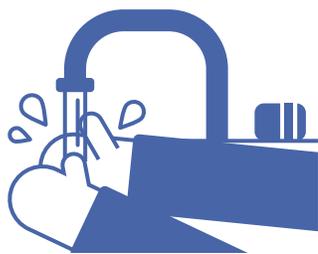
Wet your hands with running water. Add soap.



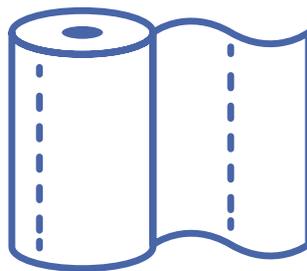
Wash all surfaces on hands. Wash carefully between your fingers, around the tops and palms, over wrists, and under fingernails.



Rub your hands together for at least 20 seconds.



Rinse your hands well under running water.



Dry your hands with a clean, disposable paper towel.



Turn off the faucet using the disposable paper towel instead of your clean, bare hands.

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Hand washing is one of the best ways to prevent the spread of foodborne illness.



Wash all surfaces used to prepare food, including cutting boards, countertops, and tables; food preparation equipment and utensils; and food service and eating areas, including high chairs, with hot water and soap before serving food.



Set the refrigerator at your child care site at a temperature of 40 °F (4 °C). Set the temperature in a freezer at 0 °F (-18 °C) or colder.



To reduce exposure to lead, only use water that is approved by your local health department.

Check Your Knowledge

1. Fill in the blanks to complete this description of proper hand washing:

Wet your hands with running water. Add _____. Wash all surfaces on hands. Rub your hands together for at least _____ seconds. Wash carefully between _____, around the tops and palms of hands, over wrists, and under _____. Rinse your hands well under running water and dry them with a clean, disposable paper towel. Turn off the faucet, using _____, instead of _____.

2. To reduce a baby's exposure to lead, you can:

- A** Make sure the water is considered safe by the local health department.
- B** Store foods in covered plastic or glass food storage containers.
- C** Cook foods in ceramic ware or pottery made outside of the United States.
- D** A and B

3. True or False? Properly storing food is important for food safety. The recommended temperature settings are 40 °F (4 °C) for the refrigerator and 0 °F (-18 °C) or colder for the freezer.

ANSWERS: 1. soap, 20, fingers, fingernails, the disposable paper towel, your clean, bare hands • 2. D • 3. True