

Keep Food Safe: Clean, Sanitize, and Disinfect

**CACFP iTrain
Simple Lesson Plan**

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EXECUTIVE DIRECTOR
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Intended Audience: CACFP personnel and other child care staff

Description: This lesson explains how to use cleaning, rinsing, and sanitizing good practices to prevent contamination of food.

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3. Email: program.intake@usda.gov

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Lesson-at-a-Glance

Time	Topic	Activity	Materials
Introduction			
5 minutes	▶ Introduction and Overview		▶ PowerPoint slide deck ▶ Computer ▶ Pens or Pencils
Objective: Demonstrate cleaning, rinsing, and sanitizing good practices to prevent contamination of food.			
15 minutes	▶ Cleaning and Sanitizing ▶ How to Wash, Rinse, and Sanitize	▶ Contamination Charlie	▶ Worksheet: Contamination Charlie ▶ Answer Key: Contamination Charlie
Conclusion			
10 minutes	▶ Lesson Summary ▶ Training Evaluation	▶ Speed Action Planning ▶ Training Evaluation (Optional)	▶ Worksheet: Speed Action Planning ▶ Optional: Training Evaluation & Training Certificate
Total Time: 30 minutes			

References

Institute of Child Nutrition. (2017). *Food safety in schools*. <https://theicn.org/icn-resources-a-z/food-safety-in-schools>

Institute of Child Nutrition. (2018). *Food Safety Standard Operating Procedures*. University, MS: Author. <https://theicn.org/icn-resources-a-z/standard-operating-procedures/>

Institute of Child Nutrition. (2019). *Food safety in child care*. <https://theicn.org/icn-resources-a-z/food-safety-in-child-care/>

U.S. Department of Agriculture, Food Safety and Inspection Service. (2015, March). *Kitchen companion: Your safe food handbook*. https://www.fsis.usda.gov/sites/default/files/media_file/2020-12/Kitchen-Companion.pdf

Internet Resources

- ▶ Institute of Child Nutrition: www.theicn.org
- ▶ USDA's Team Nutrition: <https://www.fns.usda.gov/tn>

Preparation Checklist

Instructions: Use the Preparation Checklist to prepare for the training session. Keep track of your progress by checking off tasks as they are completed.

Done <input checked="" type="checkbox"/>	Lesson Tasks
Gather Materials	
<input type="checkbox"/>	▶ Training Script
<input type="checkbox"/>	▶ Computer and Projector Screen
<input type="checkbox"/>	▶ Worksheets and Handouts: <ul style="list-style-type: none"> • Contamination Charlie handout • Contamination Charlie answer key
<input type="checkbox"/>	▶ Pens or pencils (one per participant)
<input type="checkbox"/>	▶ Optional: Training Certificate/Evaluation/Feedback Form (one per participant)
Prepare for Lesson	
	Before the training day:
<input type="checkbox"/>	▶ Review the training script and research any relevant State or local requirements. <ul style="list-style-type: none"> • The content reflects the Federal regulations and/or national best practices or standards. However, it's essential to include any additional State or local requirements when presenting this training.
<input type="checkbox"/>	▶ Make enough copies of the handouts for each participant.
<input type="checkbox"/>	▶ Test the PowerPoint on the computer and projector screen.
<input type="checkbox"/>	▶ Optional: Develop and print a session certificate/evaluation/feedback form (one per participant)
	On the training day:
<input type="checkbox"/>	▶ Place pens or pencils on tables (one per participant).
<input type="checkbox"/>	▶ Distribute materials to each participant.
	On the instructor's table:
<input type="checkbox"/>	▶ Training Script
<input type="checkbox"/>	▶ Instructor's copy of handouts and/or worksheets
<input type="checkbox"/>	▶ Optional: Session Evaluation/Feedback Forms

Training Script

Instructor’s Note: Each section below has an accompanying slide(s). Review and share the content for each PowerPoint slide.

Introduction
<p>Welcome!</p> <p>Complete the following tasks:</p> <ul style="list-style-type: none"> ▶ Distribute handouts to participants. ▶ Welcome participants to the training. ▶ Introduce yourself to the participants, and allow them to introduce themselves by sharing their name and one thing they would like to get from this training.
<p>Review Current Knowledge</p> <p>Ask posing question: Think about your child care facility’s kitchen, classroom, and other areas. What are some things that you should clean and sanitize in child care facilities?</p> <p>Feedback: Possible answers: food contact surfaces, sinks, equipment, toys, tables</p>
<p>Overview</p> <p>Share core content: Properly cleaning and sanitizing reduces the opportunity for bacteria and viruses to contaminate food. Careful cleaning and sanitizing kitchen tools and work surfaces will reduce germs and help prevent foodborne illness in your kitchen.</p>
<p>Objective: Demonstrate cleaning, rinsing, and sanitizing good practices to prevent contamination of food.</p>
<p>Cleaning and Sanitizing</p> <p>Ask posing question: What are the key steps in making sure a food contact surface is clean and sanitary?</p> <p>Share core content: Proper cleaning and sanitizing reduces the opportunity for bacteria and viruses to contaminate food. Some of the important surfaces to clean and sanitize are any food contact surfaces, sinks, equipment, toys, and tables. Sanitizing toys and equipment stop cross-contamination.</p>
<p>Maintaining Safe Environments</p> <p>Share core content: Cleaning and sanitizing are important for maintaining safe environments in child care settings. Child care employees who follow proper cleaning and sanitizing practices reduce the risk of cross-contamination that can lead to foodborne illnesses. Cross-contamination is defined as the transfer of bacteria or viruses from one surface to another.</p>

Wash, Rinse, and Sanitize

Share core content: Wash, rinse, and sanitize food contact surfaces on sinks, tables, equipment, utensils, thermometers, and carts.

- ▶ Before each use
- ▶ Between uses when preparing different types of raw animal foods such as eggs, fish, meat, and poultry
- ▶ Between uses when preparing ready-to-eat foods and raw animal foods such as eggs, fish, meat, and poultry
- ▶ Any time contamination occurs or is suspected
- ▶ Before preparing an allergen-free meal

Activity: Contamination Charlie

Time: 10 minutes

- ▶ **Purpose:** The purpose of the activity is to assess a kitchen for cleaning, rinsing, and sanitizing food contact surfaces. Procedures, chemicals, and equipment used in the kitchen should be evaluated to follow best practices.
- ▶ **Materials Needed:** Contamination Charlie handout and Pen/Pencil
- ▶ **Instructions:** Distribute the Contamination Charlie handout. Have participants read the case study, and then turn to a partner and list ideas to prevent the situation. Also, ask them to review the Cleaning and Sanitizing fact sheet for ways Charlie could do a better job. Allow 5 minutes for participants to review the case study and discuss ideas with a partner. Ask each group to describe one problem and one “best practice recommendation” to prevent the problems created by Charlie.

Conclusion**Lesson Conclusion**

Share core content: Careful cleaning and sanitizing help keep the child care environment safe. Food contact surfaces need to be washed, rinsed, and sanitized to prevent the contamination of food and cross-contamination with other surfaces in the child care center. Using the right chemicals in the right concentration keeps surfaces clean and sanitized.

Ask posing question: What questions do you have concerning the basics of cleaning, sanitizing, and disinfecting?

Activity: Speed Action Planning

Time: 5 minutes

- ▶ **Purpose:** The purpose of this activity is to establish future steps for applying the information in their workplace.
- ▶ **Materials Needed:** Speed Action Planning worksheet, Planner or Cell Phone Calendar App, and Pencil/Pen
- ▶ **Instructions:** Distribute the Speed Action Planning worksheet. Inform participants that it is important to develop a plan for using the training’s information. Ask them to take 1–2 minutes to answer the following three questions to establish an action plan.
 - What did you learn in this training?
 - How will you apply this information in your current or future role?
 - When will you apply this information?

Once the participants have finished, encourage them to save this goal to a planner, calendar app, or other sources to ensure they follow through with their plan. Following this activity, dismiss the participants from the training.

Thank You!

Complete the following tasks:

- ▶ Conclude the training.
- ▶ Refer participants to the Institute of Child Nutrition for additional information at helpdesk@theicn.org or 800-321-3054.
- ▶ Distribute any certificates or evaluations.

Contamination Charlie

Directions: Read through the following story, then turn to the person next to you and make a list of what could have been done to prevent this situation.

Every week the lead cook at the CACFP child care center took a bacterial count of the food preparation worktable. Each week the count of *E.coli* kept increasing. The lead cook looked at all aspects of cleaning and disinfecting done by the cooks and everything appeared in order. The tables were washed down with a bucket filled with soap and water, rinsed with clean water, and then wiped down with a rag from a bucket filled with bleach water.

The source of the *E.coli* was found in the utility closet. Charlie, the custodian, filled the cleaning buckets with warm water, sanitizer, and clean rags each day for the kitchen and the classrooms. Charlie used a capful of bleach for each bucket. He did not test the concentration of the bleach water and mixed up the buckets from the kitchen with the ones used in the diaper changing areas.

Contamination Charlie Answer Key

Directions: Read through the following story, then turn to the person next to you and make a list of what could have been done to prevent this situation.

Every week the lead cook at the CACFP child care center took a bacterial count of the food preparation worktable. Each week the count of E.coli kept increasing. The lead cook looked at all aspects of cleaning and disinfecting done by the cooks and everything appeared in order. The tables were washed down with a bucket filled with soap and water, rinsed with clean water, and then wiped down with a rag from a bucket filled with bleach water.

The source of the E.coli was found in the utility closet. Charlie, the custodian, filled the cleaning buckets with warm water, sanitizer, and clean rags each day for the kitchen and the classrooms. Charlie used a capful of bleach for each bucket. He did not test the concentration of the bleach water and mixed up the buckets from the kitchen with the ones used in the diaper changing areas.

Ideal responses for suggestions to prevent the problems created by Charlie:

- ▶ Test concentration of sanitation solution
- ▶ Record concentration of sanitation solution
- ▶ Supervisor review charting records
- ▶ Use a quat-based sanitizer that is more stable
- ▶ Dispense sanitizer using a pre-measured concentration hose kit
- ▶ Label buckets for classrooms and kitchen and separate during storage
- ▶ Provide training for Charlie
- ▶ Document training
- ▶ Write standard operating procedures (SOPs) for cleaning and sanitizing work surfaces

Speed Action Planning

Instructions: Today's training featured key information on how to use cleaning, rinsing, and sanitizing good practices to prevent contamination of food. Answer the following three questions to establish an action plan for using the information.

1. What did you learn in this training?

2. How will you apply this information in your current or future roles?

3. When will you apply this information (e.g., one week, one month, six months, etc.)?



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