

Keeping Food Safe in Family Child Care



Institute of Child Nutrition

The University of Mississippi

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Introduction

The *Keeping Food Safe in Family Child Care* provides tips and techniques for safely preparing food in family child care settings with the added bonus of seven USDA standardized recipes that feature CACFP Meal Pattern crediting information! A list of resources can be found in the Reference section. **Bold** words are defined in the glossary in the back.

Food safety is important for young children since they are highly susceptible to illness. Some information included in this guide may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your family child care home.

Contact your sponsoring organization or local health department with any questions and for information on emergency procedures involving food safety.

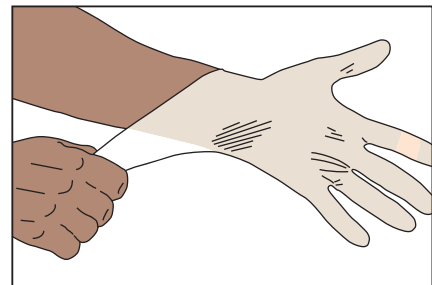
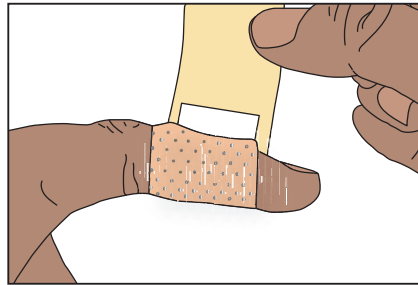
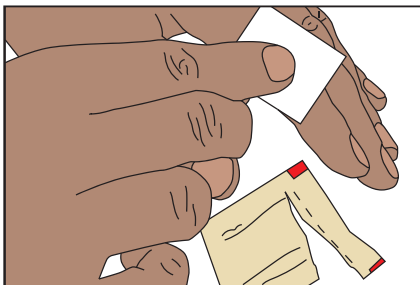


Provider Health

Provide care only when in good health to keep from spreading illness to the children in your care. Contact your sponsor or make alternative arrangements for the children in your care if you are experiencing any of these symptoms:

- Sore throat with fever
- Vomiting
- Diarrhea
- Jaundice (yellowing of the skin and/or eyes)
- **Foodborne illness** diagnosed by healthcare professional
- Exposure to foodborne illness

Treat and bandage wounds or sores immediately. Wear a single-use glove over bandages when handling food to prevent the bandage from falling in the food.



Handwashing

How to wash hands

- 1 Wet hands with warm running water and apply soap.
- 2 Lather hands with soap and vigorously scrub for 20 seconds (about the time of “Happy Birthday” sung twice).
- 3 Scrub the back of both hands, wrists, between fingers, and under fingernails.
- 4 Rinse hands under running water.
- 5 Dry hands with paper towel.
- 6 Turn off the water with paper towel. Use it to open the door, then discard it into the trash can.

Washing hands with soap and water is the **best** method for reducing germs on hands. It is the number one way to prevent the spread of **foodborne illness**. If soap and water are not available (for example, field trips), use an alcohol-based hand sanitizer containing at least 60% alcohol.

*If you use the kitchen sink to wash your hands after using the restroom or changing a diaper, clean and **sanitize** the sink after use.

When to Wash Hands

Before	After
<ul style="list-style-type: none">▪ Children arrive▪ Preparing food and beverages▪ Serving food▪ Eating▪ Participating in food activities▪ Putting on single-use gloves▪ In between changing single-use gloves▪ Handling clean dishes or utensils▪ Changing food preparation tasks, such as working with ready-to-eat and raw food	<ul style="list-style-type: none">▪ Helping children wash their hands▪ Washing an infant's hands or face▪ Using the toilet▪ Changing diapers or assisting a child using the toilet▪ Blowing nose, coughing, or sneezing▪ Touching an animal/pet, animal waste, and pet food/treats▪ Eating▪ Participating in food activities▪ Touching garbage▪ Handling soiled dishes or utensils▪ Touching body parts other than clean hands and arms▪ Sweeping, mopping, or wiping counters▪ Returning from outdoor playtime▪ Using the phone▪ Children have left for the day▪ Hands become contaminated, look, or feel dirty

Washing Dishes

Household dishwashers can efficiently wash and **sanitize** dishes. Check with the local health authority to make sure your dishwasher meets local health regulations. If the dishwashing machine is malfunctioning, wash dishes by hand.

How to Clean Dishes by Hand

1 Wash

- Scrape food or debris from the dish into disposal or trash can.
- Use dishwashing soap and warm water to thoroughly wash the dish until no visible signs of debris are present.

2 Rinse

- Either rinse with clean, hot, running water, or fill a clean, sanitized sink with water and submerge dishes to remove soap residue.

3 Sanitize

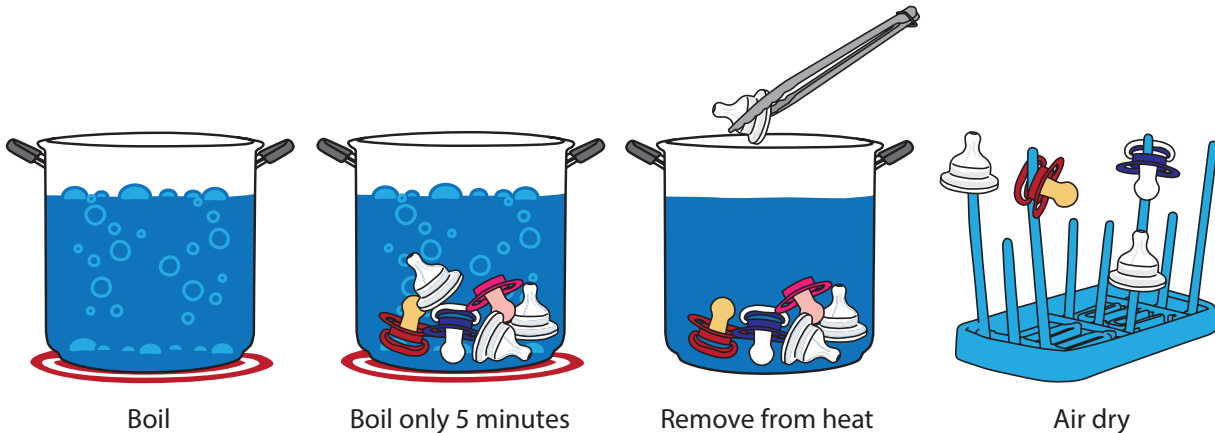
- Prepare sanitizing solution for **food contact surfaces** in a clean, sanitized sink according to the instructions. Check with sponsor or health department about proper sanitizing solutions.
- Submerge clean items in sanitizing solution for the time recommended on the product's label.

4 Air Dry

- Allow items to air-dry in a dryer rack; drying with a cloth may contaminate dishes.

Cleaning and Sanitizing

Bottles – items such as pacifiers, bottle nipples, and other items children put in their mouths



can be sanitized by heat.

Food Contact Surfaces – properly wash, rinse, and **sanitize** all **food contact surfaces**, such as countertops. Apply enough sanitizer to cover the entire surface, and allow it to air-dry.

Household bleach is sold in a variety of concentrations. It is important to identify the concentration of the active ingredient, sodium hypochlorite, to ensure the correct amount of bleach and water. The higher the percentage, the stronger the bleach. Check with your sponsoring organization or health department for approved solution strengths for bleach and standard mixing recipes.

Safe Grocery Shopping

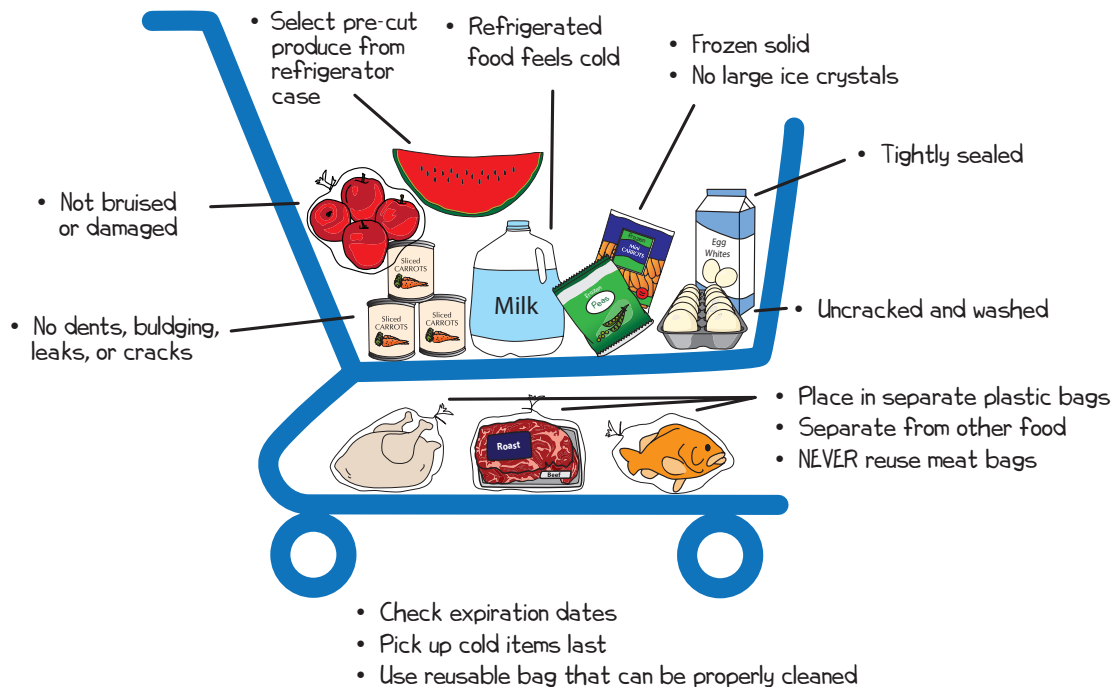
When shopping, keep these tips in mind.

Use approved safe food sources such as grocery stores, warehouse discount stores, local farmers' markets, and **food hubs**.

For approved sources, contact your local sponsoring organization or health department.

Clean reusable grocery bags often.

- Wash cloth bags in a washing machine with laundry detergent; dry in dryer or air-dry.
- Scrub plastic-lined bags with hot water and soap; air-dry.



Taking Groceries Home

Easy tips to maintain safety when groceries are packed for the trip home include:

- Go straight home after grocery shopping.
- Always refrigerate perishable food within 2 hours of purchase.
 - ♦ Refrigerate perishables within 1 hour when the outside temperature reaches 90 °F (32.2 °C).
- Always bring a cooler or thermal insulated bag to pack perishables for the drive home.

PUT PRODUCTS AWAY IN THIS ORDER:



REFRIGERATOR



FREEZER



DRY GOODS

Refrigerator Storage

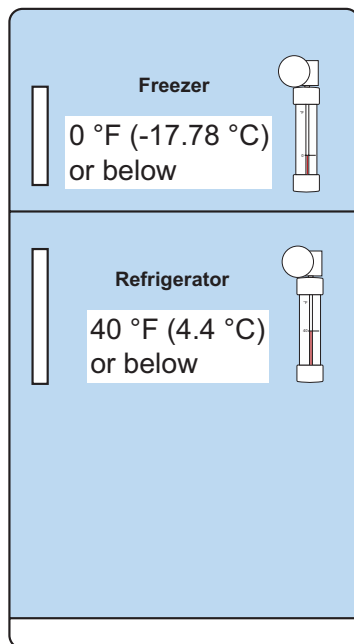
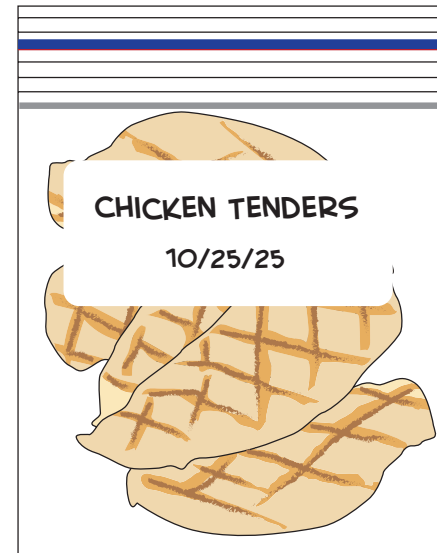
Store food properly in the refrigerator to reduce the risk of cross-contamination.

Food Item	How to Store It
Ready-to-eat/ No cook items	<ul style="list-style-type: none">▪ Keep foods in original containers or wrap/cover open items.
Fresh produce	<ul style="list-style-type: none">▪ Do not pre-wash produce before refrigerating.▪ Discard fresh fruits and vegetables that are not refrigerated within 2 hours of cutting, peeling, or cooking.▪ Discard any fruit or vegetable that touched raw meat, poultry, or seafood that will not be cooked immediately.
Beef, Pork, Seafood, and Poultry	<ul style="list-style-type: none">▪ Freeze if not used within a day or two.▪ Place in containers or sealed plastic bags.▪ Place on or near the bottom shelf.
Eggs	<ul style="list-style-type: none">▪ Store whole eggs in the original carton.▪ Place in the main compartment of the refrigerator, not on the door.▪ Do not wash.

Freezer Storage

Freezing stores perishable items for longer periods. Keep the following tips in mind for safely storing frozen foods.

- Wrap the original packaging in plastic wrap, freezer bags, or foil.
- Place new items toward the back of the freezer to ensure the older items are easier to access and use first. This is the **First In-First Out (FIFO)** method.
- If food is taken out of the original package, label and date the new package.



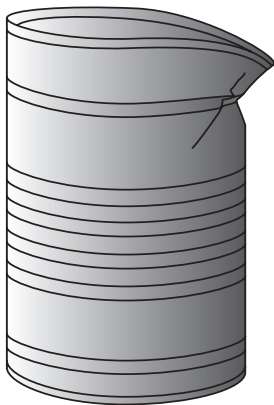
Appliance Thermometers

Use appliance thermometers to check the refrigerator and freezer temperatures. If the refrigerator or freezer thermometer shows a temperature that is too high (see refrigerator picture for temperatures), adjust the temperature control dial. Ask your sponsoring organization or health department for information on checking and recording temperatures of your refrigerator and freezer.

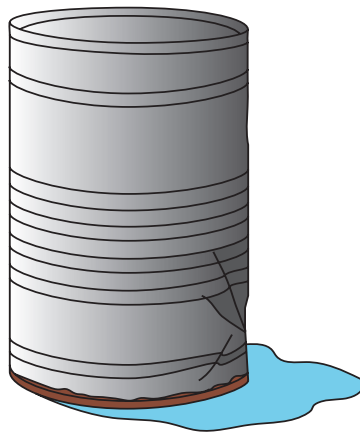
Dry Storage (Pantry and Cabinets)

Storing **shelf-stable items** correctly can help ensure they are safe to eat. Keep the following tips in mind for storing dry goods.

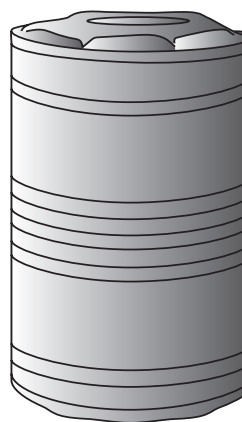
- Store canned food and other shelf-stable products in a cool, clean, dry place. Never put them above the stove, under the sink, in a damp garage or basement, or any place exposed to extreme temperatures.
- Avoid storing foods on shelves under water or sewer pipes.
- The ideal temperature for dry storage is 50 °F – 70 °F (10 °C – 21 °C).
- Store food at least 6 inches off the floor and away from the wall (if possible).
- Use only food-safe containers with tight fitting lids.
- If food is taken out of the original package, label and date the new package.
- Place new items toward the back and use the older items first.
- Discard cans that are damaged.



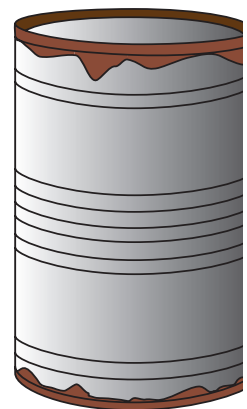
Dented



Leaking



Bulging



Rusted

Chemical Storage

It is important to store chemicals separate from food. Common chemicals include liquid dish soap, detergents, bleach, and other cleaning products. Use chemicals only for intended purposes. The phone number for poison control (1-800-222-1222) should be readily available in case a chemical is accidentally ingested or touches the skin.

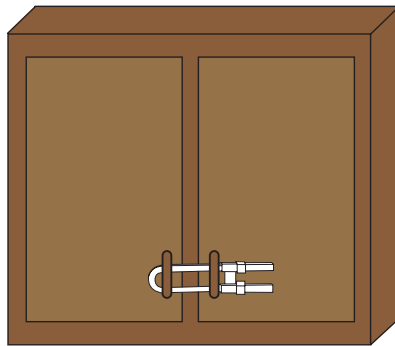
Store chemicals properly

Original, labeled
container

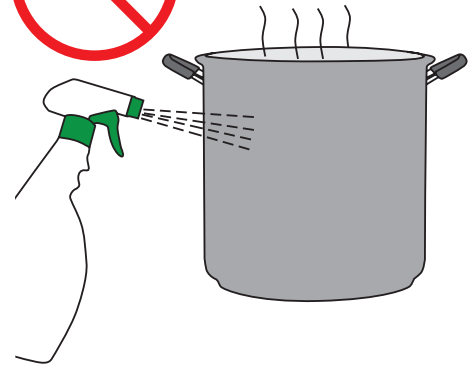


NOT a food
container

Locked cabinet
away from food
and children

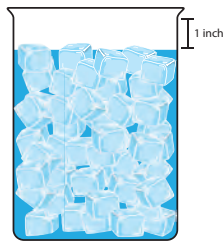


Don't spray
near food

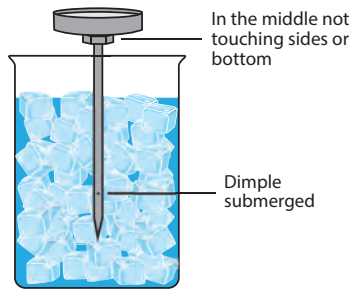


Calibrating Food Thermometers

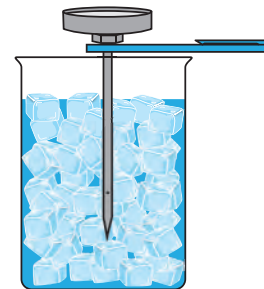
Calibrate thermometers to make sure they provide an accurate temperature reading. For example, if a thermometer is not calibrated, it could read 140 °F (60 °C), but the actual temperature is 132 °F (55.6 °C). This means the food may be undercooked allowing bacteria to survive. Serving and ingesting undercooked food can be harmful to our health. To calibrate a thermometer:



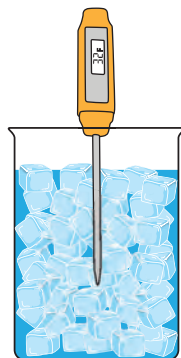
1. Add ice
2. Add water
3. Sit 1 minute



4. Insert thermometer



5. Hold for 30 seconds or until dial stops
6. Adjust dial to 32 °F



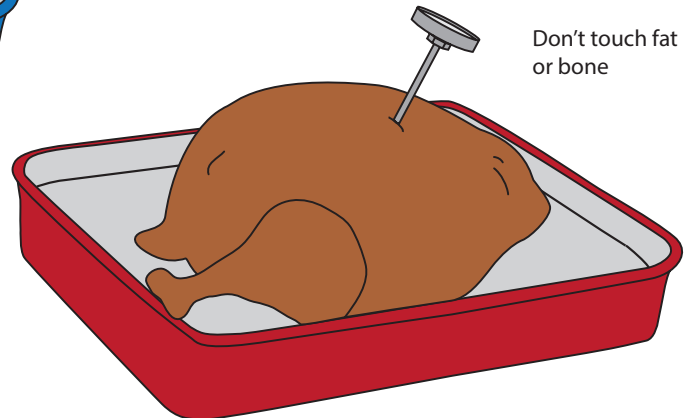
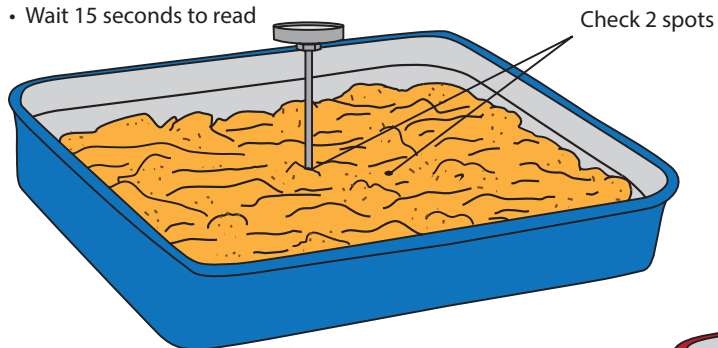
For digital thermometers,
press the reset button
if available

Calibrate thermometers when they are bumped or dropped, and when they are exposed to high temperatures. It is ideal to calibrate thermometers daily, but calibrate them at least weekly.

Using Food Thermometers

- Use food thermometers to check food temperatures to ensure food has been cooked to a safe temperature.
- Wash, rinse, **sanitize**, and air-dry the metal stem of the thermometer before and after use.
- If the food has not reached its proper internal temperature (see Cooking Foods page), continue cooking until it does.
- It is a best practice to check and record the temperatures of cooked foods. Check with your sponsoring organization or local health department for information on checking and recording temperatures. See the images below for instructions on how to properly check temperature of cooked foods.

- Insert about 2 inches deep
- Don't touch sides or bottom
- Wait 15 seconds to read



Prepare Food Safely

Here are some tips for preparing food safely in your kitchen.

Tasting Food

Follow safe food-tasting practices during preparation by:

- 1 Placing a small amount of food in a separate container.
- 2 Stepping away from food being prepared.
- 3 Using a clean spoon to taste food.
- 4 Using a new container and spoon if food is tasted again.
- 5 Wash hands immediately after tasting food.

Animals

Do not allow animals to walk on food preparation and eating surfaces.

Water

Ensure the water supply for your home comes from a source approved by your local health department.

Clothes

Wear clean clothes to reduce the spread of germs when preparing and serving meals. It limits contamination from clothing to food. Also, clothing that is too loose can dangle onto stove burners, posing a fire risk.

Ready-to-Eat Foods

Foods that do not require any more washing or cooking to be eaten are called **ready-to-eat** (RTE) foods. Examples include fresh produce, bread, and cheese. These types of foods can be easily contaminated by bare hands that can carry germs and may cause **foodborne illness**. When handling RTE foods, always wash your hands and wear single-use gloves or use appropriate utensils such as tongs, spatulas, or spoons.

Food Preparation – Cross-Contamination

Cross-contamination is the transfer of bacteria or viruses from hand-to-food, food-to-food, or equipment and **food contact surfaces**-to-food. Preventing cross-contamination reduces the risk of **foodborne illness**.

Hand-to-Food	Food-to-Food
<p>Example: Lifting the trash can lid with your hands, and preparing food without first washing your hands.</p> <p>How to Avoid:</p> <ul style="list-style-type: none">▪ Wash your hands properly, frequently, and at appropriate times.▪ Clean and sanitize surfaces that are handled often, such as refrigerator and freezer handles.	<p>Example: Thawing raw meat in the refrigerator above fresh produce, and allowing the meat juices to drip on the produce.</p> <p>How to Avoid:</p> <ul style="list-style-type: none">▪ Separate meats and other raw products from ready-to-eat foods.▪ Thaw food properly.▪ Separate unwashed fruits and vegetables from washed fruits and vegetables and other ready-to-eat foods.
Equipment and Food Contact Surfaces-to-Food	
<p>Example: Using a can opener for several food items without cleaning it between uses, or using a cutting board to cut raw meat but not cleaning and sanitizing it before cutting an apple.</p> <p>How to Avoid:</p> <ul style="list-style-type: none">▪ Use only dry, cleaned, and sanitized equipment and utensils for food preparation.▪ Wash, rinse, and sanitize work tables, equipment, and cutting boards after each use and before beginning a new task.▪ Use separate cutting boards for raw meats and fresh produce. If separate cutting boards are not available, wash, rinse, sanitize, and air-dry the cutting board between tasks.▪ Use only dry, cleaned, and sanitized containers for food storage. Cover all foods and label and date them.	

Food Allergies

A food allergy is an immune-mediated adverse reaction to a food protein, which can be life-threatening. For those with food allergies, certain foods can activate the immune system against an allergen (food protein). Every time that person consumes that allergen, it can trigger allergic symptoms. The eight most common allergens are fish, peanuts, tree nuts, wheat, crustacean shellfish, milk, soy, and eggs. Because even a small amount of allergen can cause a reaction, prevent **cross-contact**, or accidentally transfer allergens.



Example: Using a knife to spread peanut butter, and then using the same knife without cleaning and sanitizing to cut a turkey sandwich.

How to Avoid:

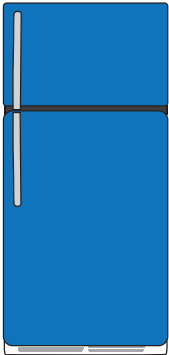
- Wash hands before preparing food for a child with a food allergy.
- Wash, rinse, and **sanitize** all utensils, equipment, and contact surfaces before and after each use.
- Prepare food for a child with a food allergy first.
- Set up procedures to prevent cross-contact when working with multiple food allergies.
- Use designated, clean potholders and oven mitts for allergy-free foods to prevent cross-contact.
- Label and store the allergen-free items separately.

Thawing Food

Thawing food properly will help ensure foods are safe for young children to eat. Here are some best practices for safely thawing food.

In fridge

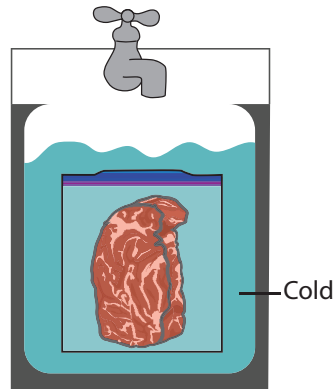
Thaw food at 40 °F or lower in a refrigerator



May take several days to thaw

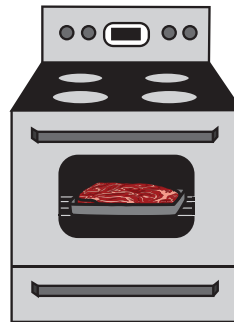
In sink

Change water every 30 minutes



While cooking

Part of the cooking process



In microwave

In microwave ONLY if cooking right after



Cooking Food

Cook food to a safe minimum internal temperature (temperature needed to destroy bacteria commonly found in that food) to prevent a **foodborne illness**. Use a food thermometer to guarantee safe temperatures are reached. Color and texture are not reliable ways to determine if food is safely cooked.

Temperatures may vary depending on state and local regulations; refer to your local health department and/or sponsoring organization for more information.

If cooking food in a microwave, rotate and stir frequently. The uneven heat can cause cold spots, allowing bacteria to survive, and hot spots, which can burn a child's mouth.

165 °F (73.9 °C) <ul style="list-style-type: none">• Poultry, stuffing• Stuffed meats• Stuffed pasta• Casseroles• Leftovers	160 °F (71.1 °C) <ul style="list-style-type: none">• Ground meats, such as hamburger, ground pork, or sausage• Egg dishes• Fresh (uncooked) ham
145 °F (62.8 °C) (with a 3-minute "rest time" after removal from the heat source) <ul style="list-style-type: none">• Fresh beef, pork, veal, lamb, or fish (i.e. roasts, steaks, chops, etc.)	140 °F (60 °C) <ul style="list-style-type: none">• Ready-to-eat foods taken from a commercially processed, hermetically sealed package• Vegetables (frozen or canned)• Precooked ham (to reheat)

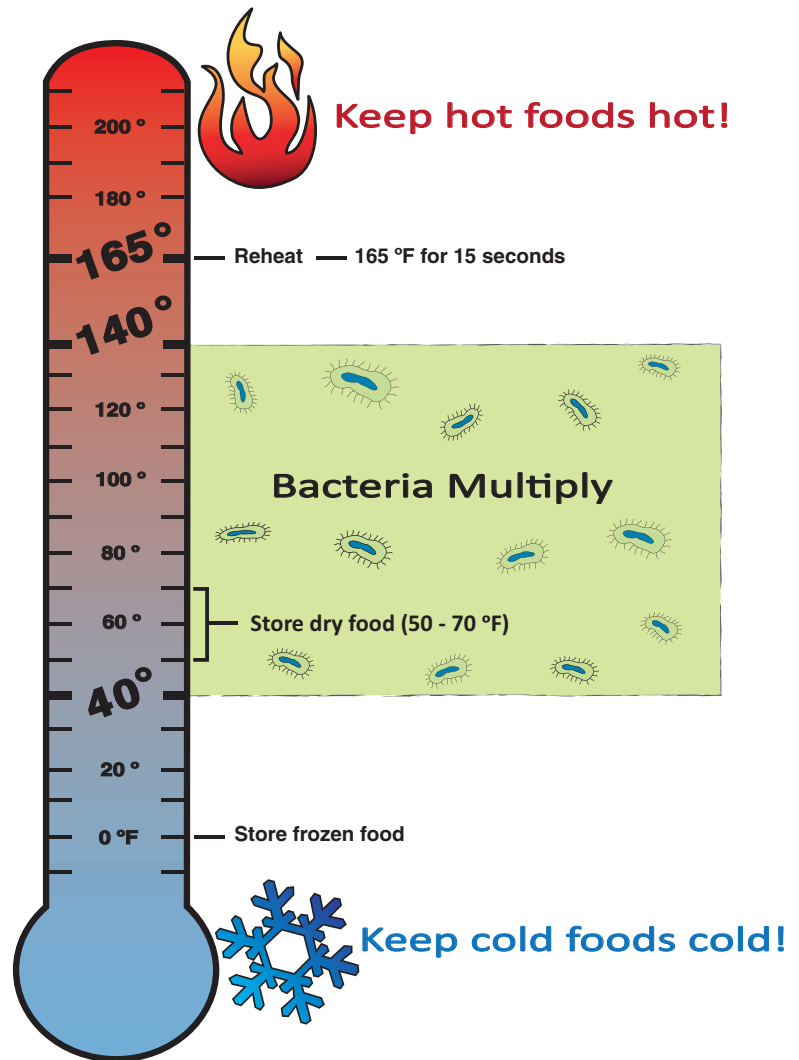
Hold Food Safely

Bacteria grows rapidly in the **temperature danger zone** (40 °F – 140 °F), doubling in number in as little as 20 minutes. At this rate, harmful bacteria that causes **foodborne illness** can quickly reach dangerous numbers.

Cook food as close to serving time as possible. If holding before serving, keep hot food at or above 140 °F (60 °C) and cold food at or below 40 °F (4 °C). Do not hold cooked food at room temperature for longer than 2 hours; either keep it warm or refrigerate it.

Field Trips

On field trips, make sure food is kept at the right temperature. Pack food in a washed, rinsed, and sanitized container. Use ice packs, coolers, and insulated bags to hold food at safe temperatures.



Serving Food

It is important to serve food safely to children in family child care homes. Here are tips for serving food safely:

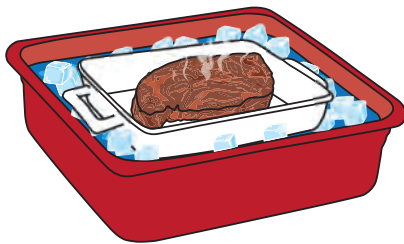
- Clean and **sanitize** tables and chairs before and after each meal (and as needed).
- Have children wash hands before eating.
- Have children sit at the table to eat.
- Assist children in using utensils, such as tongs and spoons, to serve themselves in family style dining.
- Serve a child with food allergies first to prevent allergens from getting in their food.
- Watch children to make sure they do not share food.

Cooling and Storing Food

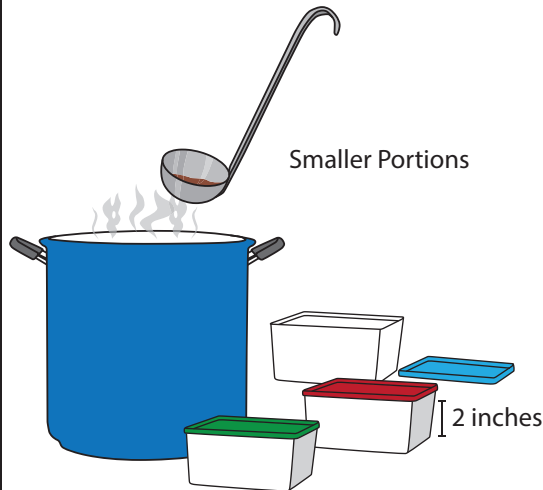
Hot foods should be cooled safely. Here are a few steps to help avoid **foodborne illness**:

- Cover food loosely to allow heat to escape.
- Place cooled food in sealed, labeled, and dated storage containers.
- Refrigerate as soon as possible. Discard food if left out over 2 hours.
- Use safe cooling methods. Some include:

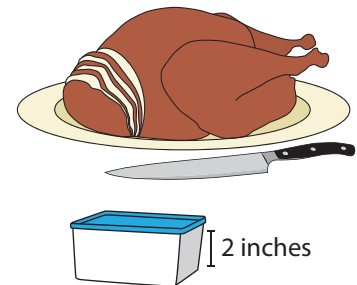
Ice Bath



Smaller Portions



Smaller slices



Leftover Food

- Only use leftovers that have been cooked, held, and cooled properly.
- Hold leftovers at 40 °F (4 °C) or lower and discard after 3 – 4 days.
- Reheat leftovers as close as possible to serving time; reheat food to 165 °F (73.9 °C) for 15 seconds within 2 hours of removing from the refrigerator.
- Limit the number of times food is reheated as quality and nutritional value diminish each time. Reheat only the amount of food needed.
- If using a microwave, cover, rotate, and stir food throughout the reheating process to avoid uneven heating.
- If only a portion of a large container of frozen leftovers is needed, thaw the leftovers in the refrigerator. Remove the needed portion, and then refreeze the remainder.
- Never mix a leftover food (such as leftover chili) with a new batch of food (freshly prepared chili). Heat the leftover food separately and serve it first. Then, serve the freshly prepared food.



CACFP Recipes

This section contains seven delicious recipes that you can prepare for the children in your care! These recipes were created by USDA's Food and Nutrition Service. The recipes in this cookbook are part of a collection of 40 recipes that can be found at <https://www.fns.usda.gov/cacfp-recipes>.

You will see **Critical Control Points (CCP)** on each recipe. These are temperatures that food needs to be held at or cooked to for food to be safe.

Recipe Abbreviations

approx.	=	approximate	g	=	gram
tsp or t	=	teaspoon	kg	=	kilogram
Tbsp or T	=	tablespoon	vol	=	volume
c	=	cup	mL	=	milliliter
pt	=	pint	L	=	liter
qt	=	quart	fl oz	=	fluid ounce
gal	=	gallon	No. or #	=	number (e.g., #3)
wt	=	weight	in. or "	=	inches (e.g., 12")
oz	=	ounce	°F	=	degree Fahrenheit
lb or #	=	pound (e.g., 3#)	°C	=	degree Celsius or centigrade

Baked Batatas and Apples

Prep time: 7 minutes
Cook time: 40 minutes
Makes: 6 Servings

The batata dulce or sweet potato is a root vegetable that is native to Central and South America, Mexico, and the West Indies. As the result of exploration and early world travel, the sweet potato is eaten in Asian and South American countries as well as the United States. This combination of apples and batatas dulces creates a sweet-savory dish that both kids and adults enjoy.

Ingredients

3 Tbsp Brown sugar, packed
½ tsp Cinnamon, ground
¼ tsp Salt, table
2 cups Sweet potatoes (batatas dulces) fresh,
peeled, ½ inch diced

3 cups Apples, fresh, peeled, cored, ½ inch diced
(Recommend: Braeburn, Gala, Honey Crisp,
Jonagold, or Jonathans)
1 Tbsp Canola oil
¼ cup Orange juice
Nonstick cooking spray



Directions

1. Preheat oven to 350 °F.
2. Lightly coat a medium baking dish (about 9" x 13") with nonstick cooking spray.
3. In a medium bowl, combine brown sugar, cinnamon, salt, oil, and orange juice.
4. Toss sweet potatoes (batatas dulces) and apples in cinnamon-sugar-juice mixture.
5. Place the sweet potato (batata dulce) and apple mixture in the baking dish.
6. Cover with foil and bake for 45 minutes, or until sweet potatoes (batatas dulces) and apples are tender.
CCP: Heat to 140 °F for at least 15 seconds.
7. Serve ½ cup portion size.

Notes

CACFP Crediting Information

½ cup provides ¼ cup vegetable, and ¼ cup fruit.

Variations

Yams or butternut squash may be substituted for the sweet potatoes.

Canned apple slices may be substituted for fresh apples.

Chef Tips

Add ½ cup chopped nuts or 1 Tbsp grated orange rind to the cinnamon-sugar mixture for a crunchy texture or citrus flavor.

Beef Picadillo

Prep time: 10 minutes
Cook time: 40 minutes
Makes: 6 Servings

Picadillo is a delicious stew made with ground beef, tomatoes, and other ingredients. It is a popular dish in South American countries and the Caribbean. Serve it over rice or as a filling in tacos.

Ingredients

- ½ cup Brown rice, long-grain, uncooked
- 1 cup Water
- 12 oz Ground beef, 90% lean, raw, fresh or frozen
- 1 ¼ cups Onions, fresh, ¼ inch diced
- 1 cup Green bell peppers, fresh, ¼ inch diced
- 1 clove Garlic, fresh, minced (about ½ tsp minced)
- ⅓ cup Tomatoes with juice, diced, canned
- 1 cup Tomato sauce, canned
- ½ cup Raisins, seedless, unpacked
- ¼ tsp Oregano, dry
- ½ tsp Cumin, dry, ground
- 2 Tbsp Cilantro, fresh, chopped (optional)

Directions

1. Combine brown rice and water in a small stockpot.
2. Heat on medium-high heat to a rolling boil. Cover and reduce heat to low. Cook until water is absorbed, about 15–20 minutes. Fluff the rice gently with a fork.
3. While rice is cooking, heat a medium skillet on medium-high heat on top of stove.
4. Brown ground beef. Drain if necessary.
CCP: Heat to 155 °F or higher for at least 15 seconds.
5. Add onions, bell peppers, and garlic to ground beef. Sauté on medium-high heat until onions and bell peppers are soft, roughly 3–5 minutes. Stir frequently.
6. Add diced tomatoes with juice, tomato sauce, raisins, oregano, and cumin. Bring to a boil and remove from heat.
7. Serve ½ cup picadillo over ¼ cup rice portion size. Garnish with 1 tsp cilantro (optional).



Notes

CACFP Crediting Information

½ cup picadillo over ¼ cup rice provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

Chef Tips

For optimal browning and taste: do not rinse ground meat, or crowd ground meat. Crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the meat rather than brown it, making it less flavorful.

Variations

If ground beef is frozen, defrost in the refrigerator for 1 day per 1–5 lbs. Store raw beef at 40 °F or lower. Frozen bell peppers may be substituted for fresh bell peppers.

Chicken Flatbread Pizza

Prep time: 25 minutes
Cook time: 40 minutes
Makes: 6 Servings

Flatbread varieties such as tortillas, pitas, and focaccia have been popular for many years. Another is naan, which originated in India but is also very popular in Asian and Middle Eastern cuisine. Naan is a thick, double-layered flatbread that can be served plain alongside curries, lentils, and other dishes, stuffed with various fillings, or topped with meats, vegetables, sauces, and more, as shown in this recipe.

Ingredients

Nonstick cooking spray
½ tsp Turmeric, ground
¼ tsp Salt, table
½ tsp Cumin, ground
¼ tsp Cinnamon, ground
10 ½ oz Chicken tenderloins, boneless, skinless, fresh or frozen, raw (about 2 ¼ oz per tenderloin)

3 Tbsp Greek yogurt, plain, non-fat
2 tsp Canola oil
¾ cup Onion, fresh, peeled, ½ inch chopped
3 cloves Garlic, fresh, minced (1 clove is about ½ tsp minced)
4 oz Spinach, fresh, roughly chopped (4 oz equals about 4 cups packed)

2 Whole-wheat flatbreads (about 126 grams each; look for a rectangular shape)
1 cup Tomatoes, fresh, ¼ inch diced
1 ½ oz Mozzarella, low-fat, shredded (roughly 6 Tbsp)



Directions

1. Preheat oven to 350 °F.
2. In a small bowl combine turmeric, salt, cumin, and cinnamon. Divide seasoning mixture in half.
3. Place chicken tenderloins on a baking sheet lightly coated with non-stick cooking spray.
4. Coat chicken tenderloins with half of the seasoning mixture from step 2.
5. Bake for 12–15 minutes. CCP: Heat to an internal temperature of 165 °F or higher for at least 15 seconds.
6. Dice chicken into ½ inch pieces.
7. While chicken is baking, combine the remaining seasoning mixture with the yogurt. Set aside.
8. Heat oil on medium-high heat in a medium skillet.
9. Sauté onions for about 3–5 minutes or until onions are tender.
10. Add garlic and spinach, and cook for 3 minutes or until spinach is wilted. Remove from the heat.
11. Slice 2 flatbreads into 6 even pieces.
12. Place flat breads on a baking sheet coated with non-stick cooking spray.
13. Spread ½ Tbsp of seasoned yogurt from step 7 on each piece of flatbread.
14. Top each piece with:
 - a. ¼ cup cooked vegetables
 - b. 1–2 oz chicken (roughly 1 chicken tender)
 - c. 2–3 Tbsp tomatoes
 - d. 1 Tbsp cheese (on top)
15. Bake for 15–20 minutes. CCP: Heat to 140 °F for at least 15 seconds.
16. Serve 1 piece portion size.

Notes

CACFP Crediting Information

1 piece provides 1 ½ oz equivalent meat, ¼ cup vegetable, and 1 ½ oz equivalent grains.

Variations

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 lbs. Hold raw chicken at 40 °F or lower.

Easy Zucchini Lasagna

Prep time: 20 minutes

Cook time: 1 hour

Makes: 6 Servings

This lasagna is a delicious summer version of a popular comfort food that made its debut in Italy during the Middle Ages. Zucchini, also called “green Italian squash,” is a highly anticipated spring vegetable in Italy, and they have incorporated it into numerous recipes. It is often chopped or diced and added to pizzas, pasta dishes, soups, and salads.

Ingredients

2 ½ oz Mozzarella cheese, low-fat, shredded (½ cup plus 2 Tbsp)
1 cup Cottage cheese, fat-free
3 Tbsp Tomato paste, canned, low sodium
1 cup Tomato sauce, canned
1 tsp Oregano, dried
1 tsp Basil, dried

2 ½ oz Onions, fresh, peeled, ¼ inch diced (½ cup plus 1 Tbsp)
2 cloves garlic, fresh, minced (about 1 tsp minced)
¼ tsp Black pepper, ground
1 ½ cups Zucchini, fresh, unpeeled, thinly sliced



6 sheets Lasagna noodles, enriched, oven ready (3 ¾ oz)
1 Tbsp Parmesan cheese, fresh, shredded
Nonstick cooking spray

Directions

1. Preheat oven to 350 °F.
2. Reserve ½ cup of mozzarella cheese and set aside for later use.
3. Make cheesy tomato sauce: combine remaining mozzarella cheese, cottage cheese, tomato paste, tomato sauce, oregano, basil, onions, garlic, and black pepper in a medium bowl.
4. Divide zucchini evenly into two parts, about ¾ cup.
5. Lightly coat a medium baking dish (about 8" x 8" and at least 3 inches deep) with nonstick cooking spray.
6. Assembly:
First layer: Spread ¾ cup of cheesy-tomato sauce evenly on the bottom of the baking dish. Cover sauce with 3 sheets of oven-ready lasagna noodles. Then, cover noodles with ¾ cup of zucchini slices.
Second layer: Repeat first layer.
Third layer: Top layers 1 and 2 with the remaining cheesy-tomato sauce (about ¾ cup) and then finish by sprinkling on the reserved shredded mozzarella cheese (½ cups) and the parmesan cheese (1 Tbsp).
7. Cover tightly with foil and bake until zucchini is tender, about 30 minutes.
8. Remove from oven.
9. Remove foil and bake uncovered until cheese starts to brown slightly, approximately 15 minutes. CCP: Heat to 165 °F for at least 15 seconds.
10. Let lasagna stand 10 minutes before serving 1 piece portion size.

Notes

CACFP Crediting Information

1 piece provides 1 oz equivalent meat alternate, ½ cup vegetable, and ½ oz equivalent grains.

Chef Tips

Tomato paste may be available in a squeezable tube or pouch.

Low sodium items may have the label “no salt added.”

Frozen, chopped onions can be used in place of fresh.

Greens & Beans Soup

Prep time: 20 minutes
Cook time: 35 minutes
Makes: 6 Servings

The spice combination in this North African dish is sure to delight your taste buds. The paprika, cumin, cinnamon, ginger, and thyme provide an aromatic blend of scents and introduces children to new flavors. These spices are often combined to be used as rubs for meats or sprinkled on roasted vegetables.

Ingredients

1 Tbsp Canola oil
½ cup Onions, fresh, peeled, ¼ inch diced
¾ cup Sweet potatoes, fresh, peeled, ½ inch diced
2 ½ cups Garbanzo beans (chickpeas), low-sodium, canned, drained, and rinsed or garbanzo beans, dry, cooked (2 ½ cups equals 14 oz)

½ tsp Paprika, dried, ground
½ tsp Cinnamon, dried, ground
½ tsp Ginger, dried, ground
½ tsp Cumin, dried, ground
1 tsp Thyme, dried, ground
½ tsp Salt, table
¼ tsp Black pepper, ground
5 cups Collard greens, raw, stems removed, chopped into long thick strips (chiffonade), packed



¼ cup Salsa, tomato, traditional (not chunky)
2–4 cups Water

Directions

1. Heat oil in a medium stockpot on medium-high heat. Add onions and sweet potatoes, sauté until onions are soft. Do not brown.
2. Add garbanzo (chickpeas) beans and dried spices. Continue cooking, stirring frequently, for 1 minute or until seasonings have fully coated the vegetables.
3. Add collard greens and cook for 1 minute, stir frequently.
4. Add salsa and 1 cup of water. Bring to a boil.
5. Reduce heat to medium-low and simmer covered for 25–30 minutes or until sweet potatoes are tender. Check frequently to make sure soup is not sticking to the bottom of the pot. Add more water if needed. CCP: Heat to 140 °F or higher for at least 15 seconds.
6. Serve ⅔ cup portion size.

Notes

CACFP Crediting Information

¾ cup provides legume as meat alternate: 1 ½ oz equivalent meat alternate and ¼ cup vegetable OR legume as vegetable: ¾ cup vegetable.

Chef Tips

Low sodium items may have the label “no salt added.”

Collard greens may be purchased already chopped in a bag.

Tips for Soaking Dry Beans

1 lb dry garbanzo beans (chickpeas)

equals about 2 ½ cups dry or 6 ¼ cups cooked garbanzo beans (chickpeas).

Overnight Method: Add 1 ¾ quart cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 ¾ quart of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 ¼ qt water for every pound of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

Spinach Egg Bake

Prep time: 20 minutes
Cook time: 17 minutes
Makes: 6 Servings

An egg bake, also known as a frittata, is an easy-to-prepare dish that provides a perfect opportunity to encourage children to eat vegetables. Eggs are used in frittata-like dishes in many parts of the world. In some parts of Europe, it is rarely served in restaurants but commonly prepared in the home.

Ingredients

2 ¼ cups Spinach, frozen, chopped, thawed, and drained	1 Tbsp Feta cheese, crumbled (see variations for other cheese options)	Nonstick cooking spray
6 Eggs, large (1 ¼ cup of whole liquid eggs can be substituted for fresh eggs)	1 tsp Onions, dehydrated, chopped	
	⅛ tsp Black pepper, ground	
	⅛ tsp Salt, table	

Directions

1. Preheat oven to 350 °F.
2. Thaw spinach in the microwave using package direction or by placing under cool running water.
3. Place thawed spinach in a colander and use a spoon to squeeze excess water from spinach (see chef tips below).
4. Whisk eggs in a small mixing bowl. Add feta cheese, dehydrated onions, salt, and black pepper. Mix well (see chef tips below).
5. Lightly coat medium baking dish (about 8" x 8") with nonstick cooking spray.
6. Spread spinach evenly on the bottom of the baking dish.
7. Top spinach with egg mixture. Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon.
8. Place baking dish in the oven. Bake for 15 minutes at 350 °F. CCP: Cook to an internal temperature of 160 °F or higher for at least 15 seconds.
9. Then, broil on high for 2 minutes or until the eggs are set and the top is a light to golden brown color. Remove immediately to prevent burning. Caution: use a hot pad because the dish will be very hot.
10. Cut into 6 even pieces; each piece should be about 2" x 3 ¾". Serve immediately.
CCP: Hold at 140 °F or higher before serving.

Notes

CACFP Crediting Information

1 piece provides 2 oz equivalent meat alternate and ¼ cup vegetable.

Variations

Swiss, cheddar, or ricotta cheese are great substitutes for the feta.

Chef Tips

It is important to squeeze moisture from the spinach to obtain optimal firmness, texture, and color in your egg bake.

Before whisking, puncture each egg yolk with a fork to make whisking faster and easier.

Add 1 tsp of Italian seasoning for added flavor.

Instead of dehydrated onions, use ½ tsp onion powder.



Squash Casserole

Prep time: 10 minutes
Cook time: 35 minutes
Makes: 6 Servings

Looking for ways to vary your vegetables? This easy casserole is a great way to try summer squash.

Ingredients

¾ cup Onions, fresh, peeled, ¼ inch diced	½ tsp Parsley, dried	1 ¼ oz Sharp cheddar cheese, reduced-fat, shredded (5 Tbsp)
1 cup Zucchini, fresh, unpeeled, grated	½ tsp Oregano, dried	Nonstick cooking spray
1 cup Yellow squash, fresh, unpeeled, grated	⅛ tsp Salt, table	
	⅛ tsp Black pepper, ground	
	1 egg, large, whole	
	2 Tbsp Milk, fat-free (skim)	

Directions

1. Preheat oven to 400 °F.
2. Spray a medium skillet with nonstick cooking spray over sink. Place on stovetop and heat over medium-high heat.
3. Sauté onions for 3 minutes or until soft. Stir frequently.
4. Add zucchini and yellow squash. Sauté for 5 minutes. Stir frequently.
5. Add parsley, oregano, salt, and pepper and stir. Continue cooking until zucchini and yellow squash begin to lightly brown, about 5 minutes. Remove from heat.
6. In a small bowl, whisk egg and milk together.
7. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray.
8. Place sautéed vegetables in baking dish. Top with egg and milk mixture and lightly stir. Be sure to keep vegetables spread evenly on the bottom of the pan.
9. Bake uncovered for 15 minutes. Pull pan from oven, sprinkle cheese evenly on top, return to oven, and cook for an additional 5 minutes. CCP: Heat to 160 °F or higher for at least 15 seconds.
10. Cut pan into 6 pieces. Serve 1 piece portion size. CCP: Hold for hot service at 140 °F or higher.

Notes

CACFP Crediting Information

1 piece provides ½ oz equivalent meat alternate and cup vegetable.



Glossary

Calibrate: To adjust a thermometer until it reads the correct temperature

Chemical contamination: Occurs when chemicals unintentionally come in contact with food

Clean/Wash: To physically remove dirt and debris from a surface by scrubbing, washing, and rinsing

Cross-contact: Occurs when an allergen is accidentally transferred from a food containing an allergen to a food or surface that does not contain the allergen

Cross-contamination: The transfer of bacteria or viruses from hand-to-food, food-to-food, or equipment and food contact surfaces-to-food

First In-First Out (FIFO): a method of rotating inventory where the oldest dated products are used before newer products

Food contact surface: A surface of a piece of equipment or a utensil with which food normally comes into contact

Foodborne illness: An illness caused by eating contaminated food

Food hub: A centrally located facility with a business management structure facilitating the aggregation, storage, processing, distribution, and/or marketing of locally/regionally produced food products

Ready-to-eat: A food that is safe to eat without any additional preparation

Sanitize: To kill 99.9% of the germs

- Generally used on food contact surfaces such as dishes, utensils, cutting boards, and high chair trays, and toys that children may place in their mouths
- Can be done with heat or chemicals depending on what surfaces and equipment are available (for example, a dishwasher may use heat to sanitize dishes)

Temperature Danger Zone: Temperature range between 40 °F and 140 °F

- Bacteria grows rapidly in the temperature danger zone, doubling in number in as little as 20 minutes
- At this rate, harmful bacteria that cause foodborne illness can quickly reach dangerous numbers

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