



Food Safety Grab and Go Lesson

Personal Hygiene for the Child Care Kitchen

Personal hygiene is important when working in a child care kitchen. Not only does it ensure children receive safe meals, but it also ensures the person preparing the meals is safe. In this lesson, you will learn about basic personal hygiene and apparel rules for the child care kitchen.

Good **personal hygiene and grooming** is essential to a safe kitchen environment. When cooking, wear clean, comfortable clothing with short, close-fitting, or tightly rolled sleeves. Loose clothing can dangle onto stove burners, posing a fire hazard. It is also important for employees to practice good personal hygiene by bathing on a daily basis. Good personal hygiene limits cross contamination from our bodies and apparel to meals being prepared and/or served.

Aprons should be worn at all times to protect clothing. The apron should be removed prior to leaving the kitchen. Tie all strings tightly and wash aprons on a daily basis. Bib type aprons are best suited to protect food from exposure to germs on apparel and to protect clothing from spills.

When working in the kitchen, avoid heeled **shoes**, open-toe shoes, open-heel shoes, and unclean or soiled shoes. It is best to choose clean tennis or athletic shoes that are slip resistant.

Avoid **jewelry** in the kitchen. Dangling earrings and bracelets present a safety hazard. Jewelry or stones may fall into food during preparation or attach on other items while moving throughout the kitchen. Limit jewelry to a plain wedding band without stones.



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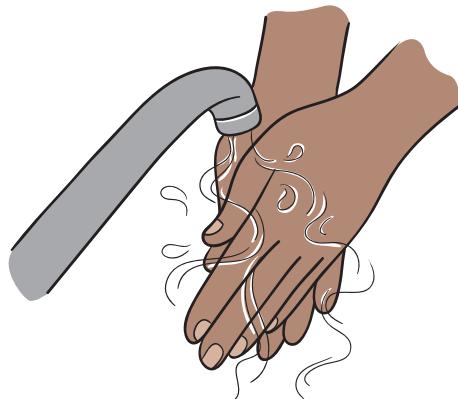
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Keep **hair** clean and wear suitable hair restraints because hair carries bacteria. All employees must use a hair restraint. Male employees must restrain facial hair with a beard restraint. Hair restraints can be a hair net, a baseball cap, or a visor. Check your local or state food safety regulations for suitable hair restraints.

Wash your hands before handling food and after using the restroom. In addition, wash hands after handling raw meat and when hands feel soiled. Keep fingernails natural, short, clean, and without polish. Wear gloves when handling raw and ready to eat foods. However, it is important to change gloves when changing tasks because gloves can carry germs, cross contaminating foods. Treat and bandage wounds and sores. Wear single-use gloves or a finger cot to cover bandages.



References:

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