

Food Safety Grab and Go Lesson

Keep Food Safe: Stop the Spread of Germs

Germs can easily spread through food. Germs (bacteria and viruses) can cross from

- food to food,
- hand to food,
- equipment/food contact surface to food, and
- chemical to food.

When germs spread in these ways, it is called cross-contamination.



To Prevent Cross-Contamination

1. Wash hands the right way.

- Wash hands often with soap and warm, running water for 20 seconds.
- Always use a disposable towel to dry hands. Cloth towels, used more than once, can spread germs.

Check with your state agency, sponsor, or health department to see if a separate sink for hand washing is required in your facility. If you must wash hands in the kitchen sink, clean the sink afterwards with hot, soapy water and then sanitize before using it to prepare food.

Teach the children how to wash their hands. Children need to wash their hands:

- Upon arrival and departure from the classroom
- Before and after eating or handling food
- After using the restroom and/or diaper changes



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- After sneezing, wiping of the nose or mouth, or touching a cut or sore
- After coughing or covering the mouth with hand
- After handling or petting an animal
- After hands appear soiled or feel unclear
- After playing in a sandbox or in a water play area with two or more children
- After outside play
- After participating in cleanup activities

2. Keep food prep areas and equipment safe.

Clean food prep areas and equipment with hot soapy water.

Then use a chlorine bleach solution to

- sanitize dishes, utensils, and equipment.
- disinfect hard surfaces.

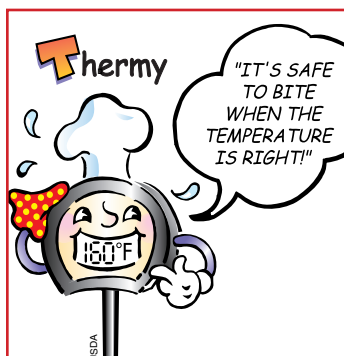


3. Use time and temperature guidelines.

- Check temperatures of foods with a metal stem thermometer.
- Know the temperatures of the danger zone.
- Keep hot foods hot and cold foods cold.
- Calibrate thermometers on a daily basis and when they are bumped or dropped to make sure they are accurate.

4. Be clean and careful during food preparation.

- Wash hands between finishing one food item and starting the next.



- Keep raw meats and poultry separate from other foods, especially fruits and vegetables that will be served raw.
- Clean and disinfect work surfaces used for raw meat, poultry, or fish, including:
 - cutting boards and other hard surfaces where meat juices may have dripped.
 - sinks.

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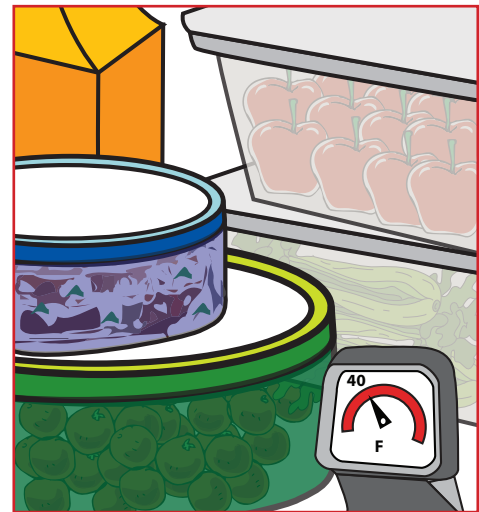
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- Clean the sink with hot, soapy water and sanitize before and after washing fruits and vegetables.
- Wear disposable gloves when preparing foods that will not be cooked before serving.

5. Keep leftover food separate from freshly made food.

All leftover food has been exposed to bacteria. If not handled correctly, the bacteria will grow. Never add leftover food to fresh food, for example, leftover tuna salad to fresh tuna salad.

Handle leftover foods carefully. Chill cooked foods properly. Leftovers must be reheated to an internal temperature of 165 °F before they are served the second time. Never reheat and serve a leftover more than once. Throw out food left after the second time it is served.



6. Taste test foods the safe way.

A good cook always taste tests a food before serving it. When taste testing

- use a clean serving spoon, a clean tasting spoon, and a small bowl.
 - use the serving spoon to place a small amount of the food into the small bowl.
 - step away from the food.
 - use the small spoon to taste the food in the bowl.
 - do not use the tasting spoon or bowl again. Immediately put them in the sink or dishwasher.
- repeat the process if another taste test is needed.



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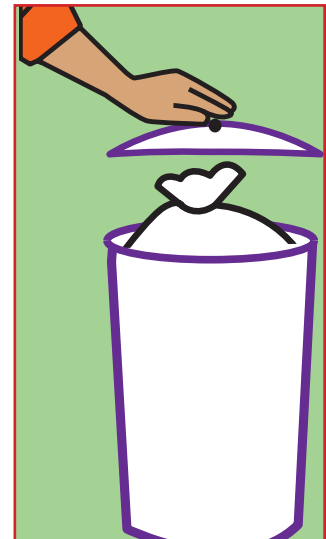
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7. Keep areas for different activities separate and clean.

- Keep food prep areas separate from eating, playing, and diaper changing areas.
- Clean and sanitize mealtime tables and serving counters.
- Wash dishcloths, cloth napkins, and bibs, in hot water, after every use. If one child needs to wear another child's bib, make sure the bib has been washed first.

8. Take care with trash and pets.

- Keep garbage cans tightly covered and use disposable liners.
- Take out garbage often.
- Clean and sanitize garbage cans at least once a week.
- Keep pets out of food prep and service areas.



9. Use disposable gloves.

Disposable gloves can help contain potentially dangerous germs. Remember—one glove, one use. Wear disposable gloves to

- clean up vomit, stool, blood, body fluids, and body discharge.
- change bandages or give first aid.
- change soiled diapers.
- handle linens, clothing, towels, equipment, or surfaces soiled with body fluids, vomit, body discharges, or blood.

10. Know local requirements.

Check with your state agency, sponsor, or health department about local regulations for home-based and center-based childcare.

Source: Fisher, M.C. (2005) *Immunization and infectious disease*. Elk Grove, IL: American Academy of Pediatrics.