

DOCUMENT RESUME

ED 449 912

PS 029 209

TITLE Keeping Kids Safe: A Guide for Safe Food Handling & Sanitation for Child Care Providers.

INSTITUTION Food Safety and Inspection Service (USDA), Washington, DC.

PUB DATE 1996-11-00

NOTE 25p.

PUB TYPE Guides - Non-Classroom (055)

EDRS PRICE MF01/PC01 Plus Postage.

DESCRIPTORS Cleaning; Day Care; Disease Control; \*Hygiene; Infants; Preschool Children; Preschool Education; \*Sanitation

IDENTIFIERS Food Preparation; \*Food Safety; Food Storage

ABSTRACT

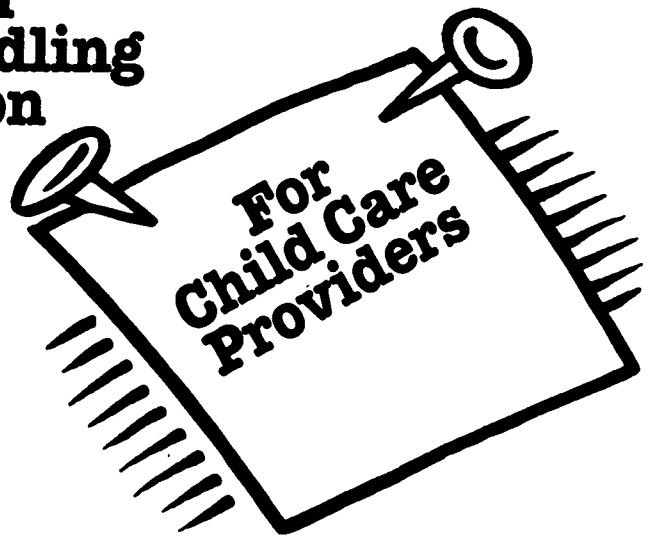
Because children under age 5 are susceptible to food-borne illnesses and children in diapers present special sanitation and health problems, food safety and sanitation are emerging as important issues for child care providers. This booklet is designed to give providers and parents a quick and easy reference for food safety and sanitation. The first part of the booklet provides an overview of sanitation, covering handwashing, disinfecting, and safe diapering. The second part presents food safety basics for babies, covering safe handling of bottles, breast milk, and baby food. The third part of the booklet presents food safety basics for children in the areas of safe food handling, cooking, cleaning, cooling and refrigeration, storing leftovers, and safely handling leftovers. This section also includes food safety for field trips. A handwashing poster and refrigerator storage chart are included. The booklet concludes with a list of local and federal resources and related organizations. (HTH)

# KEEPING KIDS



# SAFE

**A Guide for  
Safe Food Handling  
& Sanitation**



BEST COPY AVAILABLE

U.S. DEPARTMENT OF EDUCATION  
Office of Educational Research and Improvement  
EDUCATIONAL RESOURCES INFORMATION  
CENTER (ERIC)

This document has been reproduced as received from the person or organization originating it.

Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

029209

PS

# FOOD SAFETY AND SANITATION

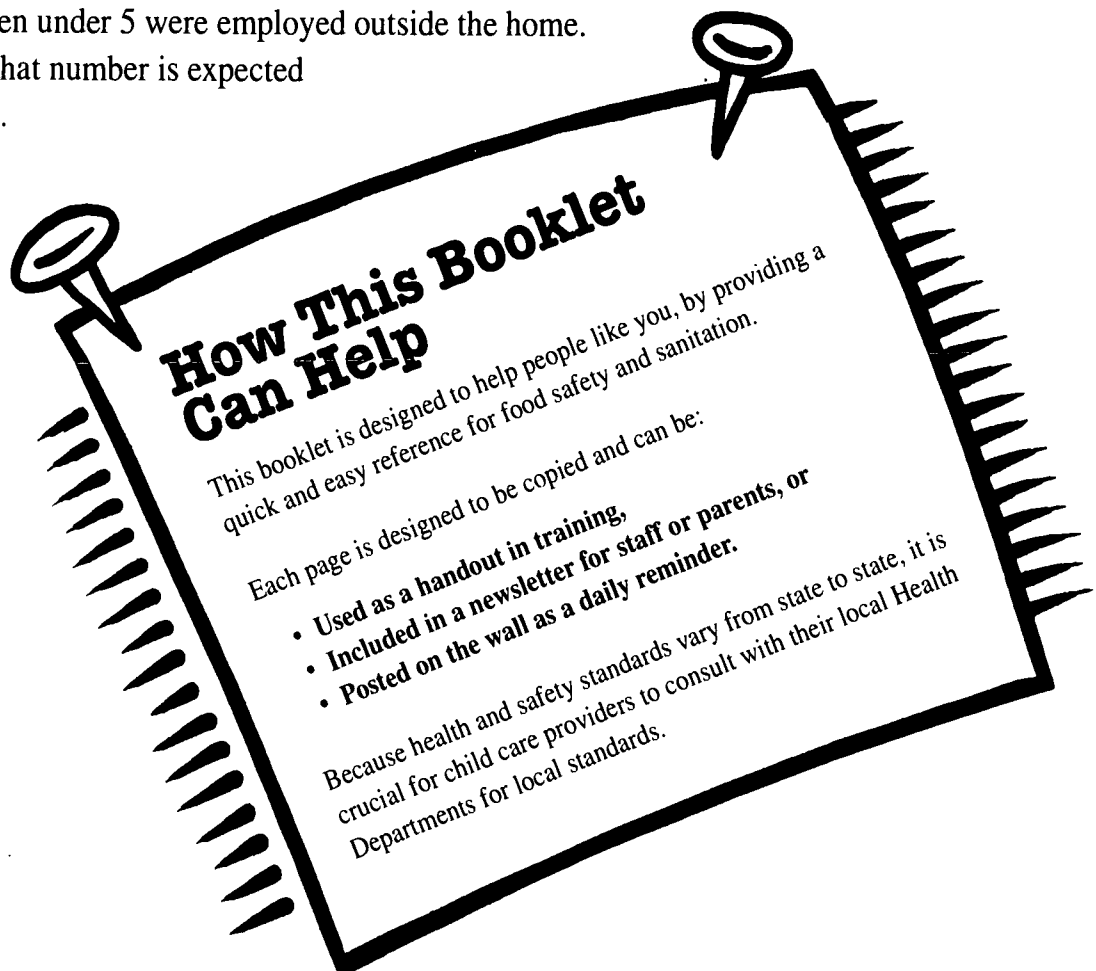
Today, more than ever, food safety and sanitation are emerging as important issues for child care providers.

## Why?

- **Children under 5 years old are especially susceptible to foodborne illnesses, which can cause serious side-effects, even death.**
- **Children in diapers present special sanitation and health problems. For instance, illness originally caused by foodborne bacteria can easily be spread by diapered children with diarrhea.**

These issues are more crucial than ever before because more children are being cared for out of the home. Growth in the child care industry will continue to be dramatic. In 1970 only 30 percent of women with children under 5 were employed outside the home.

By the year 2000, that number is expected to reach 75 percent.



# CONTENTS

## **ALL ABOUT SANITATION**

|                    |        |
|--------------------|--------|
| Handwashing        | page 2 |
| Handwashing Poster | page 3 |
| Disinfecting Tips  | page 4 |
| Safe Diapering     | page 5 |

## **FOOD SAFETY BASICS FOR BABIES**

|   |        |
|---|--------|
| Safe Handling of Bottles                        | page 6 |
| Safe Handling of Breast milk—Advice for Mothers | page 7 |
| Safe Handling of Baby food                      | page 8 |

## **FOOD SAFETY BASICS FOR CHILDREN**

|                             |         |
|-----------------------------|---------|
| Basic Safe Food Handling    | page 9  |
| Cook it!                    | page 10 |
| Cooking Chart               | page 11 |
| Clean it!                   | page 12 |
| Cool it!                    | page 13 |
| Refrigerator Storage Chart  | page 14 |
| Handle Leftovers Safely     | page 16 |
| Food Safety for Field Trips | page 17 |

## **RESOURCES**

page 18

# HANDWASHING

## HERE'S WHY HANDWASHING IS IMPORTANT.

Children in diapers present special health challenges for other children and as well as for child care providers. According to some studies:

- diarrhea is 30 percent more common in day care children than children cared for at home and, day care workers have higher rates of diarrheal illness.

### WHEN TO WASH?

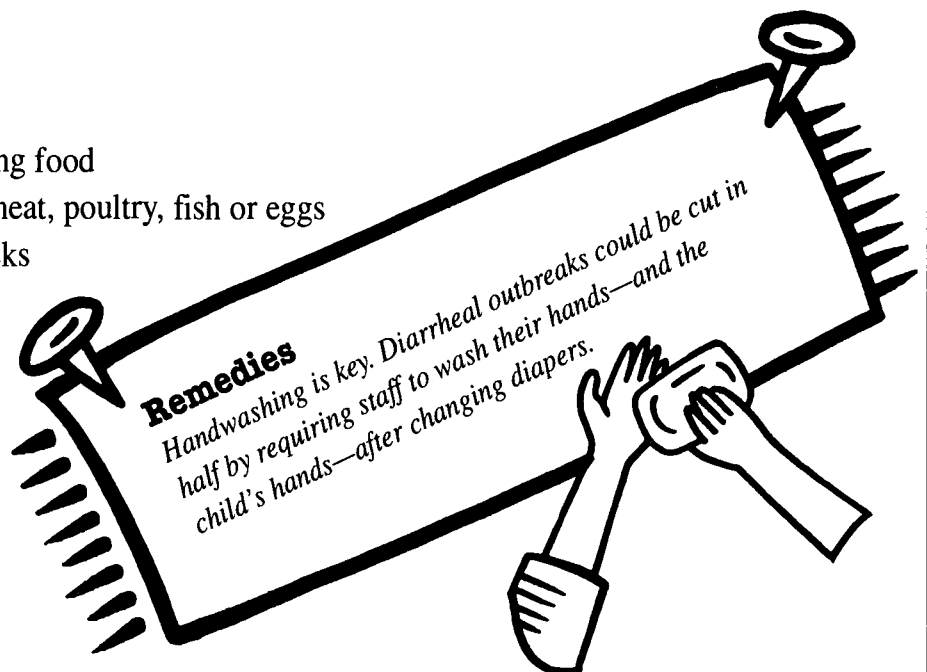
Key times for staff AND children include:

#### IN THE BATHROOM

- AFTER using the toilet
- AFTER changing diapers, (remember to wash the hands of the diapered child too!)
- AFTER helping a child at the toilet
- WHENEVER hands come in contact with body fluids, including vomit, saliva and runny noses

#### IN THE KITCHEN

- BEFORE fixing or eating food
- AFTER touching raw meat, poultry, fish or eggs
- AFTER meals and snacks



# GERMS ON THE RUN!

While you and the children are washing hands, try this ditty:

*Washing Hands Can Be Fun, Fun, Fun*

*Germs On The Run, Run, Run*

*Power 'em out—Pow*

*Power 'em out—Ka-zow!*

*Germs On The Run, Run, Run*



Remember these handwashing instructions:

- use warm running water and soap
- wash for 10-20 seconds
- rinse
- dry with paper towel

# DISINFECTING TIPS

## When to “Disinfect” and when to “Sanitize?”

**Disinfect** refers to cleaning surfaces with the use of chemicals and virtually eliminating all germs. Diaper changing tables, for instance, always need to be disinfected. The Environmental Protection Agency regulates the use of disinfectants.

**Sanitize** is a less rigorous cleaning, designed to remove filth or soil and small amounts of certain bacteria. Surfaces that come in contact with food, like counters, are sanitized. Soap, detergent, or abrasive cleaners may be used to sanitize. The Food and Drug Administration regulates the use of sanitizer on food contact surfaces.

Whether you are using a commercial disinfectant or a sanitizer, always follow label directions carefully. Note where and how the product can be used.

Note: If you are mixing your own disinfecting solution, The National Health and Safety Performance Standards for Child Care recommend 1/4 cup bleach in 1 gallon water. Mix fresh daily. And never mix bleach with anything other than water. A poisonous gas can result.

## TO PREVENT THE SPREAD OF GERMS

### WHAT THINGS NEED TO BE CLEANED REGULARLY?

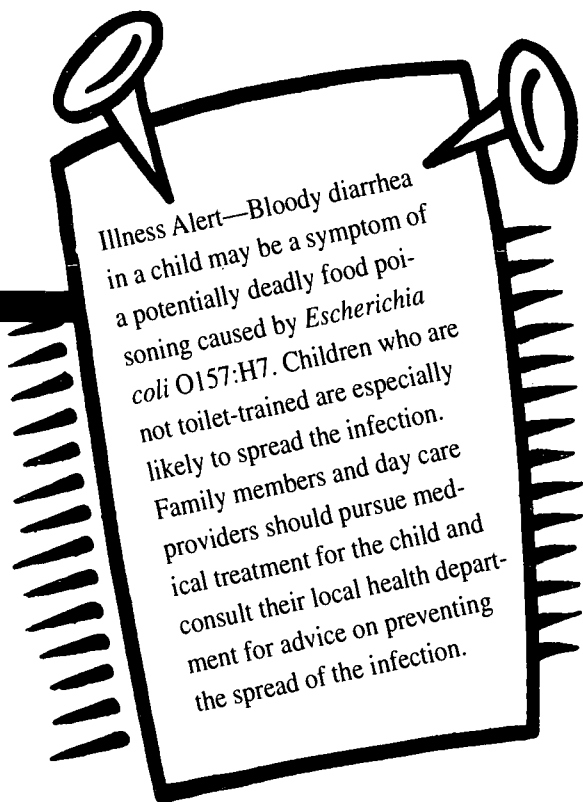
- Diapering tables
- Toys
- Kitchen counter tops
- Food preparation equipment, like mixers
- High chair trays



# SAFE DIAPERING

## THREE KEYS TO KEEPING YOURSELF AND YOUR CHILDREN HEALTHY

- Use the diapering area **ONLY** for diapering. Never change diapers where you prepare or serve food.
- Changing tables should be cleaned and disinfected after each use. A variety of commercial disinfecting solutions are available. Directions on product labels should be followed closely.
- Always wash your hands and the child's hands—even if hands look clean.



Illness Alert—Bloody diarrhea in a child may be a symptom of a potentially deadly food poisoning caused by *Escherichia coli* O157:H7. Children who are not toilet-trained are especially likely to spread the infection. Family members and day care providers should pursue medical treatment for the child and consult their local health department for advice on preventing the spread of the infection.



# SAFE HANDLING OF BOTTLES

## CLEAN

- Wash bottles, bottle caps and nipples in the dishwasher OR hand wash, rinse and boil for 5 minutes or more just before re-filling.



## REFRIGERATE

- Keep filled bottles of formula or breast milk in the refrigerator until just before feeding
- Refrigerate open containers of ready-to-feed or concentrated formula

## WARMING

- Place bottles in hot (not boiling) water for 5 minutes
- Shake well and test milk temperature to make sure it's not too hot before feeding

## NEVER MICROWAVE BABY BOTTLES

Why? Microwaves heat unevenly. Resulting "hot spots" can scald baby's mouth and throat.

## Baby Bottles: Most Important to Remember

- Use bottles only once, then clean thoroughly before using again.
- To avoid tooth decay, and ear infections, don't put babies to bed with a bottle.

| WHEN TO PITCH?   |                |
|--|----------------|
| Leftover formula   | Immediately    |
| Why? Bacteria from the baby's mouth contaminates the formula where it can grow and multiply. |                |
| Prepared bottle  | After 24 hours |
| Open containers of ready-to-feed or concentrated formula                                     | After 48 hours |
| Unused breast milk<br>(May be frozen for 2 weeks)  | After 48 hours |

Final note: Check "Use by" dates on formula. If it has passed, stay safe. Throw it out.

# SAFE HANDLING OF BREAST MILK

## ADVICE FOR MOTHERS

Because babies are especially susceptible to bacteria, we want to help you—the parent—keep your baby safe.

Keep these guidelines in mind when preparing breast milk for your child to use while in our care.

## Guidelines:

- Store breast milk in sterilized bottles
- Label each container with the name of the child, date and time milk was pumped
- Refrigerate promptly and use within two days, or
- Freeze and use within 2 weeks



# SAFE HANDLING OF BABY FOOD

- Serve food to the baby from a dish—not from a jar or can—AND
- Throw away uneaten food from the dish

## WHY?

The surface of the container hasn't been cleaned and may contain harmful bacteria.

Also, bacteria from the baby's mouth contaminates the food, where it can grow and multiply before being served again. Too many bacteria can make the baby sick.

## Special Notes:

- Check "Use by" dates on baby foods. If the date has passed, throw it out.
- Check to see that the safety button in the lid is down. If the jar lid doesn't "pop" when opened, or is not sealed completely, don't use it.
- Don't heat baby foods in jars in the microwave. The heat is uneven and can product "hot spots" that can scald baby's mouth and throat.

**STORAGE OF BABY FOOD—  
ADVICE FROM USDA**

|                                | Refrigerator | Freezer    |
|--------------------------------|--------------|------------|
| <b>Opened or Freshly Made:</b> |              |            |
| Strained fruits and vegetables | 2-3 days     | 6-8 months |
| Strained meats and eggs        | 1 day        | 1-2 months |
| Meat/vegetable combination     | 1-2 days     | 1-2 months |

# FOOD SAFETY BASICS FOR CHILDREN

## Here's Why Food Safety Is Important.

Children under 5 are susceptible to food-borne illness because their immune systems aren't fully developed. Because of this, illness can lead to serious complications, even death.

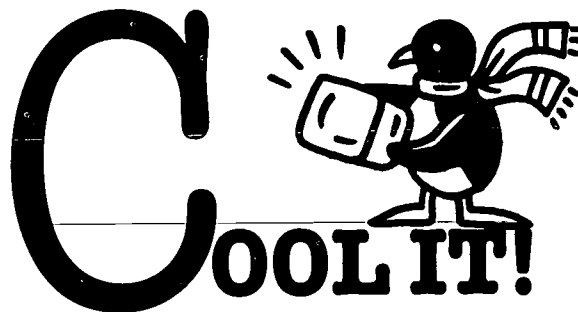
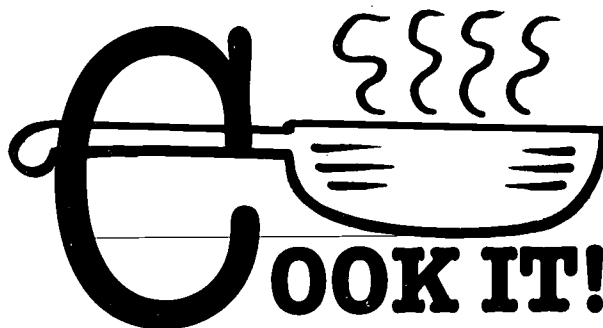
Some foods pose special risks. These foods include: raw or undercooked meat, poultry, fish or eggs, and unpasteurized milk.

### Remedies

Keep in mind these three keys to safe food handling:

- Cook it! Thoroughly cook meat, poultry, fish or eggs.
- Clean it! Don't contaminate other foods with bacteria from juices in uncooked meat, poultry, fish or eggs.
- Cool it! Refrigerate cooked leftovers promptly in small, shallow containers. Improper cooling is one of the most common causes of foodborne illness.

## BASIC SAFE FOOD HANDLING

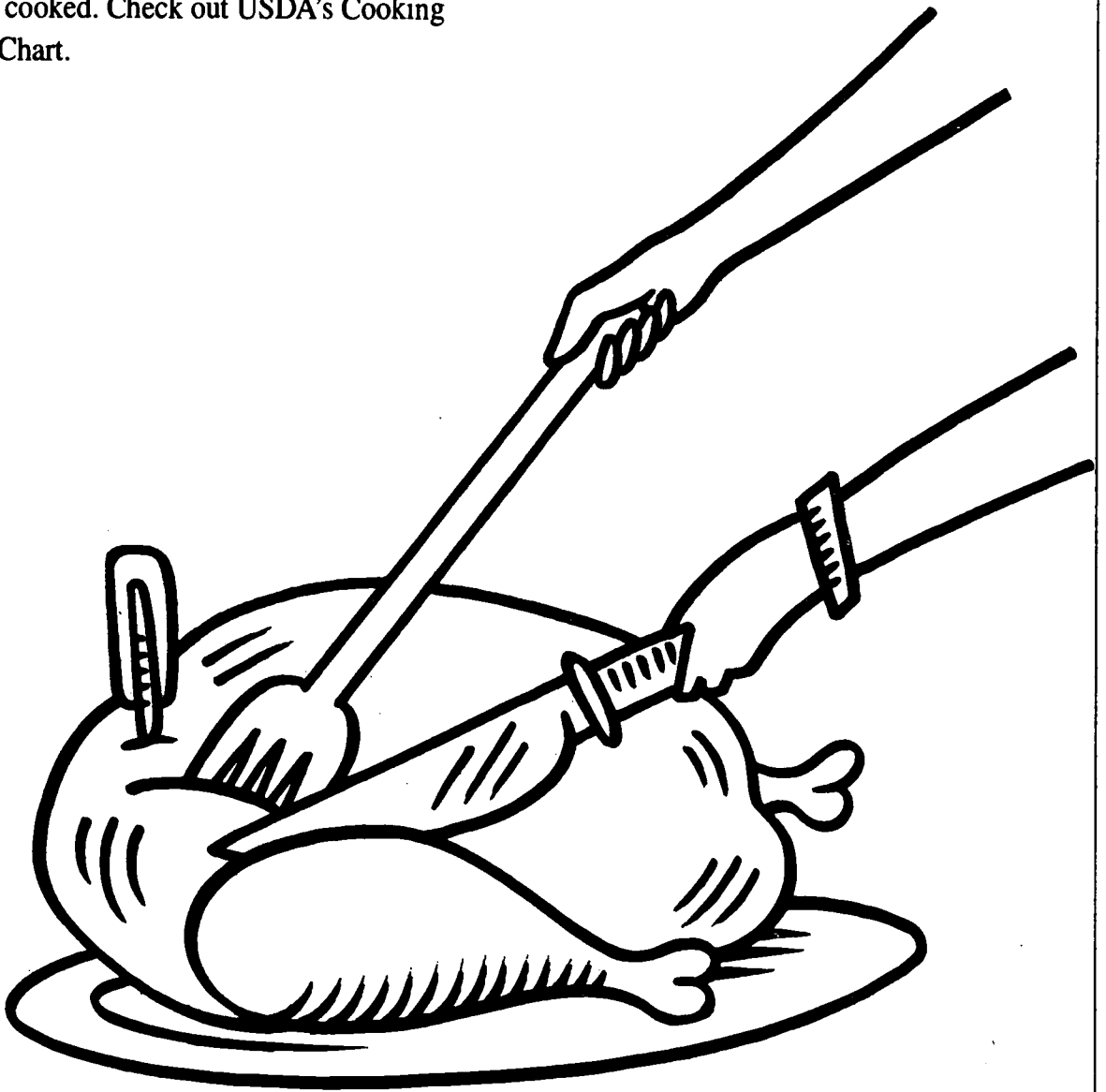


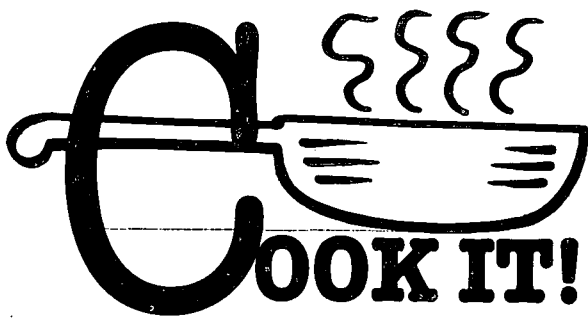
# G COOK IT!

## COOK IT!

Cooking food thoroughly is the single best protection you and your children have against foodborne illness.

Using a meat thermometer is the surest way of knowing food is thoroughly cooked. Check out USDA's Cooking Temperature Chart.





## Cooking Temperatures

| Product                                | Fahrenheit                       | Product  | Fahrenheit                  |
|--|----------------------------------|--|-----------------------------|
| <b>Eggs &amp; Egg Dishes</b>           |                                  | <b>Fresh Pork</b>  |                             |
| Eggs                                   | Cook until yolk & white are firm | Medium   | 160                         |
| Egg dishes                             | 160                              | Well Done  | 170                         |
| <b>Ground Meat &amp; Meat Mixtures</b> |                                  | <b>Poultry</b>   |                             |
| Turkey, chicken                        | 165                              | Chicken, whole   | 180                         |
| Veal, beef, lamb, pork                 | 160                              | Turkey, whole  | 180                         |
| <b>Fresh Beef</b>                      |                                  | Poultry breasts, roast                                   | 170                         |
| Medium Rare                            | 145                              | Poultry thighs, wings                                    | Cook until juices run clear |
| Medium                                 | 160                              | Stuffing (cooked alone or in bird)                       | 165                         |
| Well Done                              | 170                              | Duck & Goose   | 180                         |
| <b>Fresh Veal</b>                      |                                  | <b>Ham</b>   |                             |
| Medium Rare                            | 145                              | Fresh (raw)  | 160                         |
| Medium                                 | 160                              | Pre-cooked (to reheat)                                   | 140                         |
| Well Done                              | 170                              | <b>Seafood</b>   |                             |
| <b>Fresh Lamb</b>                      |                                  | Fin fish   | 145                         |
| Medium Rare                            | 145                              | Minced fish such as fish sticks, fish or seafood patties | 155                         |
| Medium                                 | 160                              | Stuffed fish or seafood stuffing                         | 165                         |
| Well Done                              | 170                              | Oysters, clams, mussels                                  | 165                         |
|  |                                  | Shrimp, lobster, crab or other seafoods                  | 145                         |

# CLEAN IT!

## CLEAN IT!

- WASH hands and work surfaces, like counters BEFORE starting food preparations
- WASH hands, working surfaces and utensils AFTER touching raw meat or poultry. And if children have helped in meal preparation, make sure they wash their hands as well.



Why is this important? Raw meat, poultry and eggs can contain dangerous bacteria. To keep bacteria from spreading, it's important to wash anything that comes in contact with these raw foods.

For instance, don't chop salad vegetables on a cutting board where you've just trimmed raw meat or poultry. Clean the board thoroughly before using again.

**A Helpful Hint:** To prevent the spread of bacteria from raw foods, store them on the bottom shelf of your refrigerator or on a plate. This helps prevent juices from dripping on other foods, like fruits and vegetables.

# C COOL IT!



## Cooling Tips:

One of the most common causes of food-borne illness is improper cooling.

Cooked food needs to be cooled rapidly so dangerous bacteria don't multiply.

Because of this, cooked food needs to go into the refrigerator while it's still hot. It's not safe to cool it on the counter.

Cooked food needs to be stored in shallow containers—less than 3 inches deep—to speed up cooling. And don't cover the food until it's cool.

*(P.S. Double check to make sure that no juices from raw meat or poultry can drip onto uncovered, cooling foods.)*

## COOL IT!

### HOW LOW WILL IT GO?

How long would it take for the temperature to drop to a safe level if you were to refrigerate an 8 inches stock pot of steaming chicken soup?

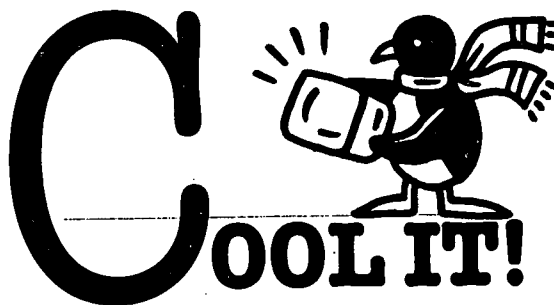


**24 HOURS!!**

To be safe, store hot food in shallow containers in layers less than: **THREE INCHES** deep




NOTE: These *SHORT* but safe time limits will help keep refrigerated food from spoiling or becoming dangerous to eat. These time limits will keep frozen food at top quality.



## COLD STORAGE

| Product   | Refrigerator (40° F) | Freezer (0° F)         |
|---|----------------------|------------------------|
| <b>Eggs</b>   |                      |                        |
| Fresh, in shell   | 3 weeks              | Don't freeze           |
| Raw yolks, whites   | 2-4 days             | 1 year                 |
| Hardcooked  | 1 week               | Don't freeze well      |
| Liquid pasteurized eggs or egg substitutes, opened and unopened       | 3 days<br>10 days    | Don't freeze<br>1 year |
| <b>Mayonnaise, commercial</b>   |                      |                        |
| Refrigerate after opening   | 2 months             | Don't freeze           |
| <b>TV Dinners, Frozen Casseroles</b>                                  |                      |                        |
| Keep frozen until ready to serve                                      |                      | 3-4 months             |
| <b>Deli &amp; Vacuum-Packed Products</b>                              |                      |                        |
| Store prepared (or homemade) egg, chicken, tuna, ham, macaroni salads | 3-5 days             |                        |
| Pre-stuffed pork & lamb chops, chicken breasts stuffed with dressing  | 1 day                |                        |
| Store-cooked convenience meals  | 1-2 days             |                        |
| Commercial brand vacuum packed dinners with USDA seal                 | 2 weeks, unopened    |                        |
| <b>Soups &amp; Stews</b>  |                      |                        |
| Vegetable or meat-added   | 3-4 days             | 2-3 months             |
| <b>Hamburger, Ground &amp; Stewed Meats</b>                           |                      |                        |
| Hamburger & stew meats  | 1-2 days             | 3-4 months             |
| Ground turkey, veal, pork, lamb & mixtures of them                    | 1-2 days             | 3-4 months             |
| <b>Hotdogs &amp; Lunch Meats</b>                                      |                      |                        |
| Hotdogs, opened package   | 1 week               |                        |
| unopened package  | 2 weeks              | In freezer wrap        |
| Lunch meats, opened   | 3-5 days             | 1-2 months             |
| unopened  | 2 weeks              |                        |
| <b>Bacon &amp; Sausage</b>  |                      |                        |
| Bacon   | 7 days               | 1 month                |
| Sausage, raw from pork, beef, turkey                                  | 1-2 days             | 1-2 months             |
| Smoked breakfast links, patties                                       | 7 days               | 1-2 months             |
| Hard sausage—pepperoni, jerky sticks                                  | 2-3 weeks            | 1-2 months             |
| <b>Ham, Corned Beef</b>   |                      |                        |
| Corned beef in pouch with pickling juices                             | 5-7 days             | 1 month                |
| Ham, canned - Label says keep refrigerated                            | 6-9 month            | Don't freeze           |
| Ham, fully cooked—whole   | 7 days               | 1-2 months             |

# Cool It!



**Also important:**

- Because bacteria multiply rapidly at room temperature, remember to promptly refrigerate perishable groceries.

**And,**

- Never thaw food on the counter. Thaw in the refrigerator, under cold running water, or in the microwave. (Plan to cook right away, should you thaw in the microwave.)

## COLD STORAGE

| Product   | Refrigerator (40° F) | Freezer (0° F) |
|---|----------------------|----------------|
| Ham, fully cooked—half  | 3-5 days             | 1-2 months     |
| Ham, fully cooked—sliced  | 3-4 days             | 1-2 months     |
| <b>Fresh Meat</b>   |                      |                |
| Steaks, Beef  | 3-5 days             | 6-12 months    |
| Chops, pork   | 3-5 days             | 4-6 months     |
| Chops, lamb   | 3-5 days             | 6-9 months     |
| Roasts, beef  | 3-5 days             | 6-12 months    |
| Roasts, lamb  | 3-5 days             | 6-9 months     |
| Roasts, pork & veal   | 3-5 days             | 4-6 months     |
| Variety meats—Tongue, brain, kidney, liver, heart, chitterlings | 1-2 days             | 3-4 months     |
| <b>Meat Leftovers</b>   |                      |                |
| Cooked meat and meat dishes                                     | 3-4 days             | 2-3 months     |
| Gravy & meat broth  | 1-2 days             | 2-3 months     |
| <b>Fresh poultry</b>  |                      |                |
| Chicken or turkey, whole  | 1-2 days             | 1 year         |
| Chicken or turkey pieces  | 1-2 days             | 9 months       |
| Giblets   | 1-2 days             | 3-4 months     |
| <b>Cooked Poultry, Leftover</b>                                 |                      |                |
| Fried chicken   | 3-4 days             | 4 months       |
| Cooked poultry dishes   | 3-4 days             | 4-6 months     |
| Pieces, plain   | 3-4 days             | 4 months       |
| Pieces covered with broth, gravy                                | 1-2 days             | 6 months       |
| Chicken nuggets, patties  | 1-2 days             | 1-3 months     |
| <b>Fin Fish</b>   |                      |                |
| Lean fish (cod, flounder, haddock, halibut)                     | 1-2 days             | 6-12 months    |
| Medium flavored fish (pollack, perch, rockfish, trout)          | 1-2 days             | 4-9 months     |
| Full flavored fish (salmon, tuna, mackerel)                     | 1-2 days             | 2-9 months     |
| <b>Shellfish</b>  |                      |                |
| Live lobster or crab  | 1-2 days             | Don't freeze   |
| Shrimp or scallops  | 2-3 days             | 3-5 months     |
| <b>Frozen Seafood</b>   |                      |                |
| Commercially frozen seafood                                     |                      | 6-12 months    |
| Lobster tail  |                      | 6-8 months     |
| Cooked seafood  | 1-2 days             | 3 months       |

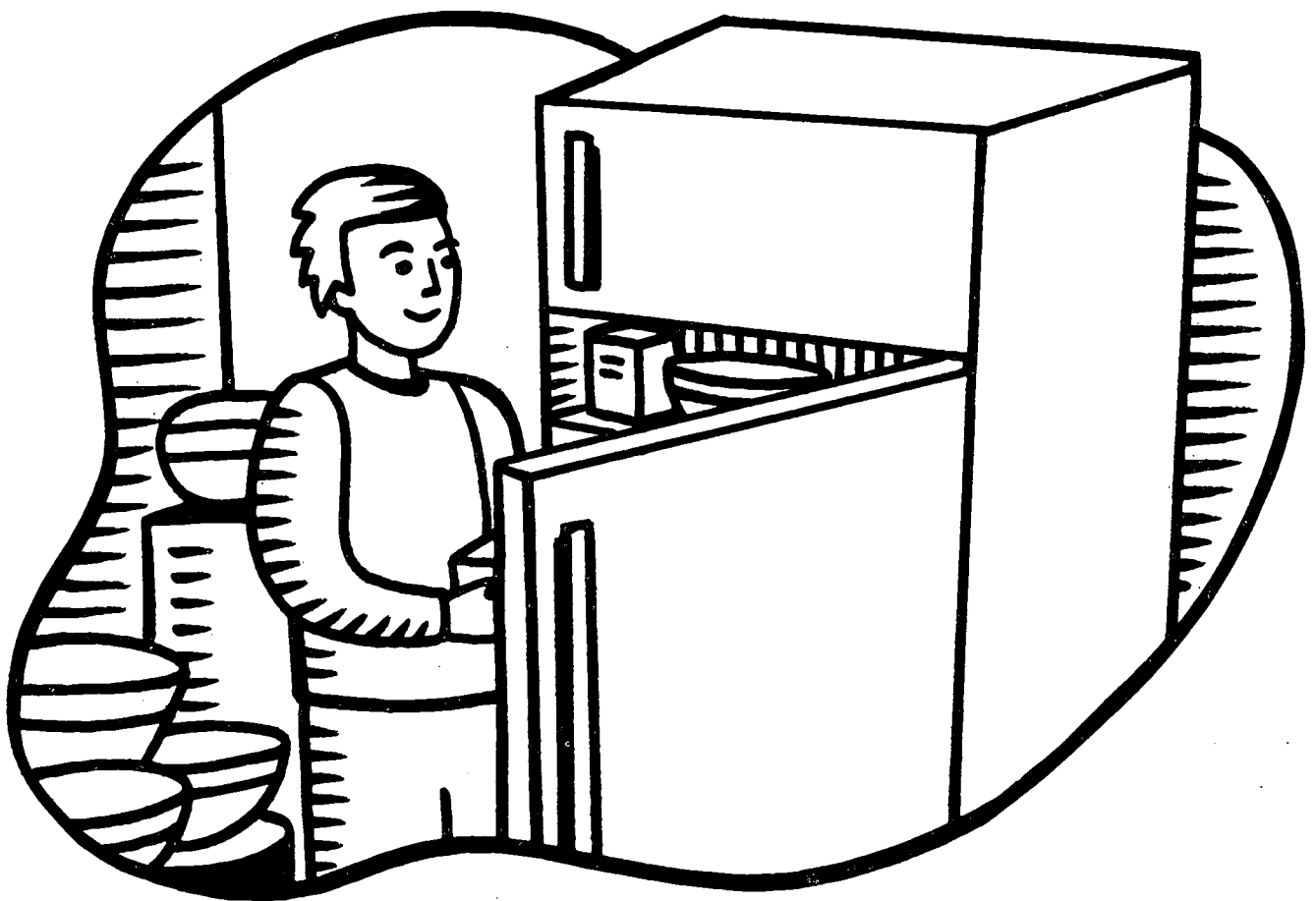
# Cool It!




## Cool It!

### HANDLE LEFTOVERS SAFELY.

- Perishable foods that have been served to children and not eaten should be thrown away.
- Why? Because bacteria multiplies rapidly in food left at room temperature. Food that has been prepared, but not served, should be refrigerated immediately. Serve within 24 hours or throw away.

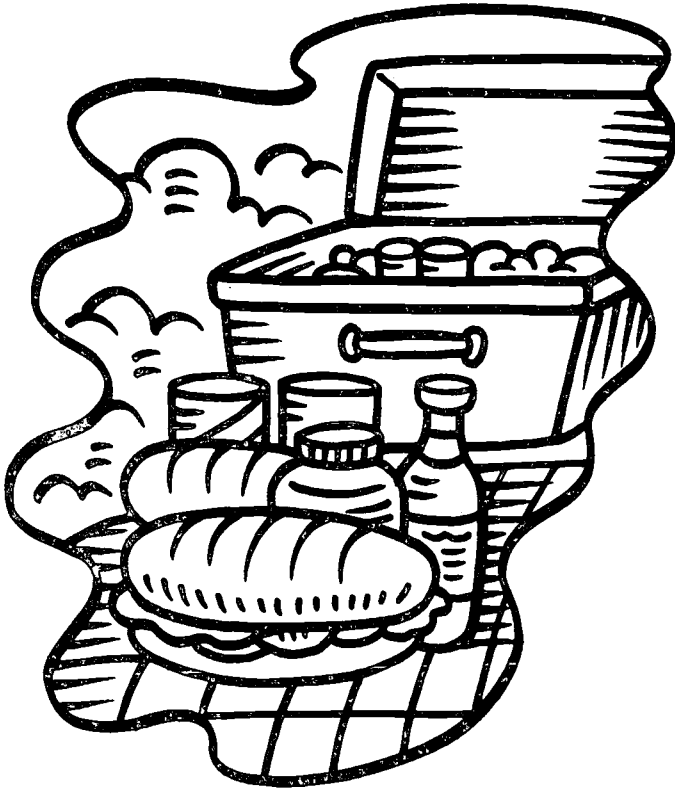


# C COOL IT!



## FIELD TRIP FOOD SAFETY

- Bacteria can quickly multiply to dangerous levels when foods, like sandwiches, are left at room temperature.



Keep foods safe by:

- Keeping sandwiches in an insulated lunch bag with a frozen gel pack OR with a frozen juice box
- Freezing sandwiches overnight. They'll thaw by lunchtime, but stay cold and safe.
- Packing sandwiches in a cooler with ice or cold source

## Keep Cold

Some foods that need to stay cold include:

- Meat and poultry sandwiches or salads
- Tuna and egg salads
- Milk, cheese or yogurt
- Opened cans of fruit or pudding
- Peeled or cut fruits and vegetables

## Room Temp Safe

Some foods that don't need to be kept cold include:

- Peanut butter sandwiches
- Cookies
- Crackers
- Commercially dried fruit
- Unopened cans of fruit or pudding
- Unopened juice boxes
- fruit-filled pastries

### A SPECIAL ALERT:

Unpasteurized milk is not safe for children. It can be a source of *E. coli* O157:H7, as well as other potentially harmful bacteria. If your children are on a field trip to a dairy, **NEVER** let them sample raw, unpasteurized milk.

# RESOURCES

## Order Now!

“The ABC's of Safe and Healthy Child Care”— Low-cost video and poster on handwashing and diaper changing from the Centers for Disease Control and Prevention. Only \$20-25 for the video and \$5 for the poster. Call:

- **The Public Health Foundation**, 1-800-418-7246. Order numbers: Tape, VT-006. Poster, VT-006PE (English) or VT-006PS (Spanish).

OR

- **National Technical Information Service**, 1-800-CDC-1824. Order numbers: Tape, AVA 19692-VNB1. Poster PB95-188199 (English) or PB95-188207 (Spanish).

For general child care information as well as a copy of the **National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs\***, contact:

National Maternal and Child Health Clearing House  
2070 Chain Bridge Road  
Suite 450  
Vienna, VA 22182  
703/821-8955

\*Always check with your local health department for standards and guidelines that apply to child care.

## **OTHER LOCAL RESOURCES**

The American Red Cross

USDA Extension offices

Local chapters/American Academy  
of Pediatrics

## **PROVIDES**

a 27 hour course on health issues for child care

training, publications

training materials, videos

## **FEDERAL RESOURCES**

Food Safety and Inspection Service  
U.S. Department of Agriculture  
Washington, D.C. 20250

Food and Drug Administration  
Center for Food Safety and  
Applied Nutrition  
200 C St., S.W.  
Washington, D.C. 20204

Child Care Bureau  
Administration for Children and Families  
Health and Human Services  
400 Sixth St., SW  
Washington, D.C. 20013  
202/205-8347

Child & Adult Care Food Program  
Food and Nutrition Service, USDA  
3101 Park Center Drive  
Alexandria, Va. 22301

National Food Service Management Institute  
The University of Mississippi  
P.O. Drawer 188  
University, Mississippi 38677-3054  
601/232-7658

## **PROVIDES**

USDA Meat and Poultry Hotline  
1-800-535-4555 weekdays, 10-4 ET  
FSIS Home Page in the World Wide Web: <http://www.usda.gov/fsis>

Seafood Hotline  
1-800-332-4010 weekdays, 12-4 ET; Information on the FDA Food Code

Child Care  
Clearinghouse  
1-800-616-2242  
Newsletter

Administers USDA Child and Adult Care Food Program

Training to USDA funded child care providers



**United States Department of Agriculture  
Food Safety and Inspection Service**

**November 1996**

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, and marital or familial status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact the USDA's TARGET CENTER at (202) 720-2600 (voice and TDD).

To file a complaint, write the Secretary of Agriculture, U.S. Department of Agriculture, Washington, D.C., 20250, or call 1-800-245-6340 (voice) or (202) 720-1127 (TDD). USDA is an equal employment opportunity employer.



*U.S. Department of Education  
Office of Educational Research and Improvement (OERI)  
National Library of Education (NLE)  
Educational Resources Information Center (ERIC)*



## NOTICE

### Reproduction Basis



This document is covered by a signed "Reproduction Release (Blanket)" form (on file within the ERIC system), encompassing all or classes of documents from its source organization and, therefore, does not require a "Specific Document" Release form.



This document is Federally-funded, or carries its own permission to reproduce, or is otherwise in the public domain and, therefore, may be reproduced by ERIC without a signed Reproduction Release form (either "Specific Document" or "Blanket").

EFF-089 (3/2000)