

Module 7: Healthy Practices: Nutrition and Fitness

Handout 2

Healthy Practices for Preparing and Serving Food to Children in your Care

Following is a list of the recommended procedures for preparing and serving food. Place a check mark next to each of the procedures you have carried out.

<u>Food Purchasing</u>	
Check the use by, sell by or expiration date on foods	
Keep packages of raw meat separate from other foods, particularly foods that are eaten fresh.	
Raw meat must be stored below other food in the refrigerator	
Make sure that refrigerated foods are cold to the touch and frozen food is rock-solid.	
Take foods straight back to the center / FCCH to the refrigerator; never leave food in a hot car.	
Do not use home-canned foods or food from dented, rusted, or bulging cans or cans without labels.	
<u>Food Storage</u>	
Store all perishable foods at temperatures that will prevent spoilage (refrigerator temperature of 45°F or lower, freezer temperature of 10°F or lower).	
Place working thermometers in the warmest part of the refrigerator and freezer (near or in the door shelf) and check them daily	
Store non-refrigerated foods in clean, rodent- and insect-proof, covered metal, glass, or hard plastic containers.	
Store containers of food above the floor (about 6") on racks or other clean slotted surfaces that permit air circulation.	
Store all food items separately from nonfood items	

Module 7: Healthy Practices: Nutrition and Fitness

Use an inventory system: the first food stored is the first food used	
Pay close attention to the expiration dates, especially on foods that can spoil easily.	
All food that has been opened, or is not in its original package, must be stored in air-tight containers, labeled with the contents and the date it was opened	
<p><u>Food Preparation and Handling</u></p> <ul style="list-style-type: none">• Wash all raw fruits and vegetables before use. Wash tops of cans before opening.• Thaw frozen foods in the refrigerator or put quick-thaw foods in plastic bags under cold running water for immediate preparation. DO NOT thaw frozen foods by allowing them to stand at room temperature.• Use a thermometer to check internal temperatures of the following foods to be sure they have been cooked evenly (refer to WAC 170-295-3190) and to a minimum internal temperature of:<ul style="list-style-type: none">○ Ground beef or pork sausage - 155°F○ Pork - 150°○ Fish and seafood - 140°F○ Poultry - 165°F○ Stuffing - 165°F in a separate pan (do not cook stuffing inside poultry)○ Eggs - 140°F○ Beef (not ground) and lamb - 140°F• Prepare these potentially hazardous foods as quickly as possible from chilled products, serve immediately, and refrigerate leftovers immediately:<ul style="list-style-type: none">○ Meat salads, poultry salads, egg salads, seafood salads, and potato salads○ Cream-filled pastries, and○ Other prepared foods containing milk, meat, poultry, fish, and/or eggs• Prevent the growth of bacteria by maintaining all potentially hazardous foods at temperatures lower than 45°F or higher	

Module 7: Healthy Practices: Nutrition and Fitness

<p>than 140°F during transportation and while holding until served. Bacteria multiply most rapidly between 45°F and 140°F.</p> <ul style="list-style-type: none">• Cover or completely wrap foods during transportation.• Never re-use a spoon that has been used even once for tasting.• Make sure each serving bowl has a spoon or other serving utensil.• Reserve food for second serving times at safe temperatures in the kitchen.• Any food that has been served to the children must be thrown away.• Place foods to be stored for re-use in shallow pans and refrigerate or freeze immediately to bring temperature rapidly to 45°F or lower.• Leftovers or prepared casseroles held in the refrigerator must be discarded after 2 days.• Leftover foods should not be sent home with children or adults because of the hazards of bacterial growth during transport.• Keep lunches (with perishable foods) brought from home in the refrigerator until lunch time.	
<p>Wash all raw fruits and vegetables before use. Wash tops of cans before opening</p>	
<p>Thaw frozen foods in the refrigerator or put quick-thaw foods in plastic bags under cold running water for immediate preparation. DO NOT thaw frozen foods by allowing them to stand at room temperature.</p>	
<p>While cooking, use a thermometer to check internal temperatures of all cuts of meat to be sure they have been cooked evenly (including hamburger, chicken, pork and veal).</p>	