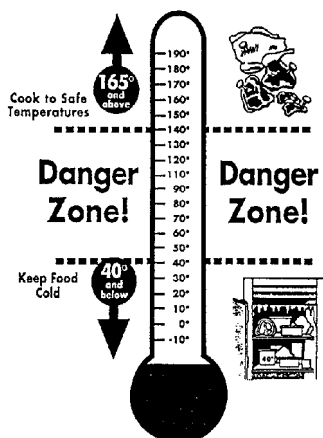




Food Safety for Pre-Schoolers

Food safety issues are important for pre-schoolers because their immune system is not yet fully developed. To prevent foodborne illness (flu-like symptoms associated with poor sanitation), follow proper handwashing techniques and correct refrigeration and cooking

Learning proper food handling techniques can help prevent harmful bacteria from growing in food and causing foodborne illness. Cooking foods to safe temperatures and keeping cold food cold can keep food out of the danger zone where bacteria can grow rapidly.



From Applied Foodservice & Sanitation.

The Educational Foundation of the National Restaurant Association, 1992.

Follow these helpful tips:

HOT FOODS

- ☼ Cook all food thoroughly.
- ☼ Use a meat thermometer.
- ☼ Cook all meats until juices run clear. Do not allow children to handle raw ground beef or poultry.
- ☼ Leftovers should be reheated to a minimum of 140 ° F.

COLD FOODS

- ☼ Refrigerate chilled or frozen foods promptly after purchasing.
- ☼ Thaw frozen foods in the refrigerator, not on the counter.
- ☼ Refrigerate leftovers within 2 hours after cooking or serving.
- ☼ Place leftovers in small, shallow covered dishes for quick cooling.
- ☼ Throw out food that is left at room temperature over 2 hours.

IN THE KITCHEN

- ✓ Children and adults should always wash hands with hot, soapy water before, during and after handling food.
- ✓ Wash all produce (grapes, apples, etc.) before eating.
- ✓ Wash all food utensils and surfaces with hot, soapy water.
- ✓ Sanitize all surfaces with a solution of 2 capfuls of household bleach in 1 gallon of warm water. Rinse the dishcloth in the solution often. Change dishcloths often.
- ✓ Cover or wrap all foods. Label and date for storage.

Reference: Applied Foodservice & Sanitation. The Educational Foundation of the National Restaurant Association, 1992.

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