

Food Safety Basics



Yours for Children, inc.

Sources:

Umass Extension Nutrition Education Program

Fight Bac - <https://www.fightbac.org>

Center for Disease Control and Prevention <https://www.cdc.gov>

Be Healthy

While Americans enjoy one of the safest, most healthful food supplies in the world, we know from recent foodborne illness outbreaks, that we all need to be knowledgeable about how to keep food safe. From hamburger to spinach, many healthy foods can become contaminated from improper food handling that may begin far from our homes.

A lot has changed over a short time—from the way food is produced and distributed, to the way it is prepared and eaten. Food in our markets comes from all over the world. We buy more prepared food than ever before, from food cooked at the market to “carry out” restaurant meals.

This training will review all the “ounce of prevention” ways to keep your family and child care free of foodborne illness by maintaining proper food safety habits in your child care home.

Foodborne Illness Facts

An estimated 48 million cases of foodborne disease occur each year in the United States. The great majority of these cases are mild and cause symptoms for only a day or two. Some cases are more serious, and Center for Disease Control estimates that there are 128,000 hospitalizations and 3,000 deaths related to foodborne diseases each year.

Center for Disease Control and Prevention

While these numbers are alarming, you will learn basic steps to make sure that you avoid situations where you, your family and child care are more at risk.

Some people are more likely to get sick from harmful bacteria that can be found in food. And once they are sick, they face the risk of more serious health problems, even death.

A variety of people may face these special risks—pregnant women and young children, people with chronic illnesses and weakened immune systems and older people, including people over 65.

People who take care to handle food safely can help keep themselves and everyone they feed healthy.



Why are some people more susceptible to foodborne illness?

Everyone's health is different, including his or her ability to fight off disease. The immune systems in young children are not fully developed. Therefore, they cannot fight off foodborne infections as effectively as older children or healthy adults.

Our ability to fight foodborne disease also lessens as we age. As people grow older our stomach acid also decreases. Stomach acid plays an important role in reducing the number of bacteria in our intestinal tracts—and the risk of illness.

In addition, underlying illnesses such as diabetes, some cancer treatments, and kidney disease may increase the risk of foodborne illness.

Recognizing Foodborne Illness

It can be difficult for you to recognize if you have a foodborne illness. It's hard to tell if food is unsafe, because you can't see, smell, or taste any bacteria it may contain.

We may think that a foodborne illness was caused by our last meal. In fact, there is a wide range of time between eating food with harmful bacteria and the onset of illness. Usually foodborne harmful bacteria take 1 to 3 days to cause illness. But...you could become sick anytime from 20 minutes to 6 weeks after eating some foods with dangerous bacteria. It depends on a variety of factors, including the type of bacteria in the food.



The Food and Drug Administration estimates that two to three percent of all foodborne illnesses lead to secondary long-term illnesses. For example, certain strains of *E.coli* can cause kidney failure in young children and infants; *Salmonella* can lead to reactive arthritis and serious infections; *Listeria* can cause meningitis and stillbirths; and *Campylobacter* may be the most common precipitating factor for Guillain-Barre syndrome, a disorder of the immune system.

Sometimes foodborne illness is confused with other types of sickness. If you get a foodborne illness, you might be sick to your stomach, vomit, or have diarrhea. Or, symptoms could be flu-like with a fever, headache and body aches. The best thing to do is check with your doctor. If you become ill after eating out, also call your local health department so they can investigate.

Foodborne illness can be dangerous, but it is often easy to prevent. By following the basic rules of food safety, you can help prevent foodborne illness in yourself, your family and your child care. Remember...the ounce of prevention in dealing with safe food handling.



Food Shopping Tips

When we shop for food, we purchase both perishable foods that need to be kept cold along with dry, canned and packaged foods. Food safety begins with shopping.

Foods that are potentially hazardous include some of our most healthy foods such as meats, dairy and some plant foods. These foods have the right combination nutrients to help bacteria grow under the right conditions.

All fruits and vegetables that are eaten raw, or ready-to-eat foods, such as luncheon meats need extra care, as these foods are not cooked or reheated to kill any possible bacteria.

- Take advantage of stores that provide sanitizing wipes at the entrance to clean shopping cart handles that can harbor lots of germs.
- Buy refrigerated and frozen foods last.
- Separate any ready-to-eat foods from uncooked foods. Packaged refrigerated or frozen chicken nuggets, for example, must be separated from any uncooked meats.
- Never choose meat or poultry in packaging that is torn or leaking.
- Place meats in plastic bags away from other foods in cart.
- Do not buy food past “Sell-By”, “Use-By” or other expiration dates.
- Buy fresh looking packages. Dusty cans or torn labels can indicate an old product.
- Don’t buy canned goods with bulges, rust, or sharp dents.
- Buy frozen food products that are solidly frozen. Check for soft spots that may indicate thawing.
- Separate all cleaning supplies from food.

USDA Basics for Handling Food Safely

Make your trip to the grocery store the last stop before going home. Perishable foods need to be refrigerated within 2 hours (1 hour if temperature above 90°F.) as harmful bacteria grow rapidly at room temperature. Any frozen foods may need a cooler with ice to make it home safely.



Food Storage

Proper food storage is important for the safety of your child care and your family. There are three areas of your home for food storage:

Dry storage: Longer storage of less perishable foods

Refrigerator: Short-term storage of perishable foods

Freezer: Long-term storage of perishable foods

Using Dry Storage Safely

The following foods are typically stored in dry storage:

- * Canned goods, baking supplies (i.e. salt and sugar), grain products-rice and cereals, and other dry items.
- * Some fruits, like bananas, avocados, and pears, that ripen best at room temperature.
- * Some vegetables, like onions, potatoes and tomatoes that store best in dry storage.

Dry storage area must be kept clean and litter-free. Follow these suggestions to maintain a sanitary dry storage for food:

- Maintain the temperature between 50° F and 70° F.
- Keep the storage area or closet clean and dry. Have a regular cleaning schedule for all surfaces and floors.
- Store all food, paper napkins, and paper plates 6 to 8 inches off the floor.
- Keep food in labeled containers approved for food storage; containers should have tight fitting lids. An alternate may be using zip lock bags for foods like opened cereals.
- Date foods when you buy them.
- Pay close attention to expiration dates and “use-by” dates.
- Remember “First In First Out”. Store new foods behind older foods. Use oldest dated packages first.
- Protect food from contamination with regular pest control (see page 9).

Using Refrigerated Storage Safely

Foods stored in refrigerators include fresh meat, poultry, seafood, dairy products, most fresh fruit and vegetables, and cooked leftovers.



- Check the temperature of your refrigerator regularly with your YFCI thermometer or appliance thermometer. The temperature must be 40° F or lower.
- Arrange food in your refrigerator for maximum air circulation. Cold air needs to circulate around foods to keep foods safe.
- Store foods in clean, non-absorbent, covered containers that are approved for food storage. Use foil, plastic wrap, plastic bags and containers designed for food storage.
- Be sure all containers are properly sealed.
- To avoid cross-contamination, store raw or uncooked food away from and below prepared or ready-to-eat foods, produce, or any food that is already cooked.
- Label foods with dates, especially left-over food that needs to be served within 2 days of cooking.
- Store dairy products separately from foods with strong odors like cabbages or seafood.
- Store fruits in a separate section of the refrigerator from vegetables. The ethylene gas that some fruits generate during ripening causes some vegetables to deteriorate more rapidly.
- Never allow fluids from raw poultry, fish, or meat to come into contact with other foods.
- Store eggs in original containers for optimum safety. The refrigerator door is best for condiments or acidic foods that resist bacterial growth.
- Cool hot foods by putting into shallow pans or small containers before refrigeration.
- Place refrigerator thermometer in the middle of the refrigerator. The door may reflect a higher temperature and the lowest shelf or back of refrigerator may be colder than the rest. If you cannot hang the thermometer, place in a cup. Educate the family in the importance of monitoring the temperature in the refrigerator.

Using Frozen Storage Safely

Frozen meats, poultry, seafood, fruits and vegetables and dairy products, such as ice cream, should be stored at 0° F to –10° F to keep them fresh and safe for an extended period of time.

- Arrange foods in freezers so that there is air circulation. Freezers should contain open slotted shelving to allow cold air to circulate around food.
- Store food in moisture-proof material or containers to minimize loss of flavor and to avoid discoloration, dehydration, and odor absorption.
- Monitor freezer temperature with the YFCI thermometer or appliance thermometer to maintain temperature of 0° F or lower.
- Make sure you can find your thermometer. Educate your family on the importance of monitoring the temperature in the freezer.
- Avoid raising the temperature of the freezer by frequently opening and closing the door.
- Never refreeze thawed food unless it has been thoroughly cooked.

Four Safe Methods to Thaw Frozen Foods

1. Thaw frozen foods in the refrigerator at a temperature at or below 40° F. Place the food on a pan on the lowest shelf so meat juices cannot drip on other foods.
2. Thaw frozen food under clean, drinkable running cold water. Use for foods that will be cooked immediately.
3. Thaw frozen food in microwave oven only if it will be cooked immediately.
4. Thaw frozen food as part of the cooking process. This method is typically used for frozen and convenience foods.

All Food Storage and thawing information from: USDA NFSMI "Serving it Safe" - Second Edition , June 2003

A quick note on storing flour, especially whole grain flour....

As stated in the dry food storage section, pay attention to use by dates for all products including baking products such as flour. A cool dry storage is acceptable for white flour. Whole wheat flour keeps best when stored in a tightly sealed container in the refrigerator or freezer. Buy only the amount of flour that you need for 2-3 months to have the freshest product.

Food Safety at Home

Just follow four basic rules—Clean, Separate, Cook, and Chill— and you will Fight BAC!®. Fight BAC!® is a national education campaign designed to teach everyone about food safety. Keep these Fight BAC!® rules in mind! Share information with friends and family and get them to be “BAC-fighters”.

<http://www.fightbac.org/>

Clean: Wash hands and surfaces often

Bacteria can be present throughout the kitchen. Here are some tips:

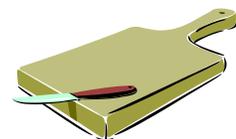
- Wash your hands thoroughly with warm water and soap for at least 20 seconds, before and after handling food.
- Keep the food preparation areas of your kitchen clean and clutter free. You need adequate and sanitary space to prepare food that is safe.
- Wash your cutting boards, dishes, utensils, tabletops and countertops with hot soapy water after preparing each food item and before you go onto the next food.
- All food service surfaces are to be cleaned and sanitized with a solution of 1/4 teaspoon of chlorine bleach to 1 pint cool water, before and after meals.
- Once cutting boards (including plastic, non-porous, acrylic and wooden boards) become excessively worn or develop hard-to-clean grooves, you should replace them.
- Consider using paper towels to clean kitchen surfaces. If you use cloth towels, wash frequently in hot water in the washing machine.
- Important: Rinse raw produce in clean, running water. Do not use soap or other detergents. Use a clean vegetable brush to clean bumpy produce, like melons.



Separate: Don't cross-contaminate

Keeping raw food that needs to be cooked, like meat and poultry, away from fruits and vegetables that will be eaten raw.

- Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator.
- Use a different cutting board for raw meat products.



- Always wash hands and all kitchen items that come in contact with raw meat, poultry, seafood, eggs, and unwashed produce.
- Put raw meat, chicken, or fish **below** other foods in your refrigerator.
- Use a clean plate for cooked foods, especially meats, poultry, and fish.

Cook: Cook to proper temperatures

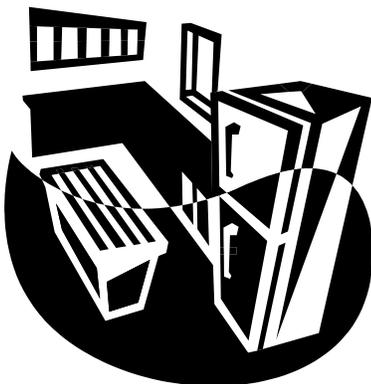
Food safety experts agree that foods are properly cooked when they are heated for a long enough time and at a high enough temperature to kill the harmful bacteria.

- Use a clean food thermometer to measure the internal temperature of cooked foods:
 - ☑ Beef and lamb may be cooked to 145° F. (rest for 3 minutes)
 - ☑ Cook all cuts of pork to 160° F.
 - ☑ Cook all ground meats to 160° F.
 - ☑ All poultry should reach a safe minimum temperature of 165° F.
- Cook eggs until the yolk and white are firm. Don't use recipes in which the eggs remain raw or only partially cooked.
- Fish should be opaque and flake easily with a fork.
- When cooking in the microwave, make sure you cover, stir and rotate food during cooking. Use a food thermometer to make sure foods have reached a safe internal temperature.
- If you are reheating food, leftovers should be heated to 165° F. Bring sauces, soup and gravy to a boil.



Chill: Refrigerate food promptly

Cold temperatures slow the growth of harmful bacteria. Check you refrigerator temperature regularly to keep temperature at 40° F or lower.



- Split leftovers into small amounts and put into the refrigerator to cool within 2 hours.
- Marinate foods in the refrigerator.
- Thaw food in the refrigerator—never at room temperature.

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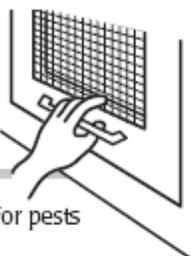
<http://www.fightbac.org/>

www.fsis.usda.gov



Keep Pests Out of Your Kitchen!

Don't let pests inside!



- Check all deliveries for pests before storage.
- Keep doors shut when not in use.
- Keep window screens closed.
- Keep outdoor garbage containers away from doors and windows.
- Report holes in walls, screens or door seals.

Don't give pests water!

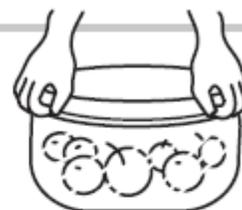


- Clean spills promptly.
- Keep storage and preparation areas clean and dry.
- Clean mops and buckets after each use. Dry buckets and hang mops on a rack above floor drain.
- Report dripping faucets, clogged or slow drains, leaks and other plumbing problems.



Don't give pests a place to live!

- Inspect food storage areas for signs of pests.
- Tell your supervisor about ANY SIGNS OF PESTS.
- Store paper products and cardboard boxes in dry areas, 6 inches off the floors and away from walls.
- Recycle or throw away cardboard packaging as soon as possible.
- Keep trash and recycling rooms clean and dry.
- Keep floor drains, strainers, and grates clean.
- Seal cracks and crevices with caulk or paint.
- Move waste and recyclables off site at least weekly.



Don't feed pests!

- Keep all food in sealed containers made to store food. Cardboard and paper are not pest-proof.
- Use FIFO (first in - first out). Do not mix new food with older stored food.
- Rinse disposable food containers before throwing them away.
- Clean and sanitize food preparation equipment after use.
- Each day, sweep and mop floors and let them dry.
- Clean grease from vents, ovens and stoves.
- Keep indoor garbage in lined, covered containers and empty containers daily.
- Put garbage in sealed plastic bags before placing them in a covered, rodent-proof Dumpster.
- Keep garbage cans and Dumpsters clean.

DON'T USE PESTICIDES IN YOUR KITCHEN.

Only licensed applicators may apply pesticides in Massachusetts schools, day-care centers or commercial kitchens.



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Family Pets in Child Care - any animal, bird or reptile in your home...

If you have family pets, it is your responsibility to ensure that all pets are kept out of your kitchen and eating areas during food preparation and meal service. Pets are an important part of your home and wonderful companions, but all pets can transfer bacteria and cross-contaminate your meal service.

To keep your food preparation safe, your kitchen and eating areas should be kept for food preparation and meal service only. While family child care homes are multipurpose; playing, playing with pets, and changing diapers need to have designated areas away from your kitchen and eating areas.

Make sure that you and the children properly wash hands after playing with pets, just as you do with other activities that require hand washing.

Management Improvement Guidance—Family Day Care Home Sponsors
Department of Elementary and Secondary Education

Good Health and Hygiene

The source of many bacteria that cause foodborne illness is often the person handling the food. Bacteria are found naturally on your skin and hair, nose and throat. Many others live or survive in your intestinal tract—even when you don't feel sick.

Bacteria can easily spread from you to others when your hands touch food, food contact surfaces and other household objects, like faucets, tables, and toys. One out of four outbreaks of foodborne illness can be traced to bacteria from the hands.

Maintaining good health is a goal that may not always be achieved as you are caring for small children who are often sick. It is, therefore, important to practice good hygiene when you prepare and serve food.

If you prepare or serve food when you are sick, you may contaminate food and spread illness. You should not prepare or serve food when you have any of the following symptoms:

* fever *vomiting *sore throat *diarrhea * jaundice

If you are sneezing or coughing, avoid handling food. If you must still prepare and serve meals, try to take a medication that control symptoms.

Open sores and cuts must be covered completely with a bandage or disposable gloves.

Source: Food Safety for Family Day Care Providers, UMass Extension



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February 2017

***Required Sanitation
Training FY 2017***

TO:

This is a **REQUIRED TRAINING** for 2 hours of Child and Adult Care Food Program (CACFP) Training credit. Successful completion meets your Food Safety/Sanitation training requirement for fiscal year 2017. Complete all the home study questions.
SUBMIT to the YFCI office WITHIN (2) WEEKS of RECEIPT

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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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