



PREPARING SAFE FOOD IN THE KITCHEN



Children under age 5 are at a greater risk of getting sick from foodborne illness than healthy adults.



It's estimated that 31 million children get sick annually from foodborne illness in North America.*

*World Health Organization



Proper hand washing is the number one way to prevent the spread of foodborne illness.

WHY IT MATTERS

Since children do not yet have fully developed immune systems, it is harder for them to fight off infections, which can lead to illness or even death.

Take extra care when preparing food for children, to ensure it is safe.



HAND WASHING

PROPERLY

Always wash hands for a minimum of 20 seconds, being sure to wash between fingers, backs and palms of hands, wrists and under fingernails.

BEFORE

- Touching food
- Preparing a bottle
- Feeding a baby
- Touching silverware, bottles, plates, bowls, cups, etc.
- Handling clean dishes

AFTER

- Eating or drinking
- Handling raw meat, poultry, pork, fish or eggs
- Using the bathroom or assisting a child in the bathroom
- Changing a diaper or a child's clothing
- Giving medication or interacting with a sick child
- Coming in contact with any bodily fluids
- Blowing your nose, sneezing or coughing
- Touching a pet or other animal
- Taking out the garbage
- Shaking hands with others

Wash children's hands before and after meals and snacks, and after diaper changes.



CLEANING

AT MEAL TIME

WHEN?

Clean all food prep areas before and after each meal.

HOW?

Items should be washed with soap and hot water and then rinsed with hot water.

WHAT?

Food prep surfaces: countertops, cutting boards*, high chair trays

Silverware, bottles, plates, bowls, cups, etc.

Tables, chairs (including high chairs and booster seats)

Cooking equipment and utensils

Bibs and placemats

**Cutting boards should be free of cracks or crevices.*



OTHER TIPS

FOR SAFE FOOD PREPARATION

ILLNESS

If you are sick or feeling ill, you can spread illness to others.

Check with your local health department to understand specific guidelines about how to handle food if you are sick.

TEMPERATURE GUIDANCE

Always cook food to the proper internal temperature, based on package directions.

Refrigerator temperature should be set to 40 degrees F or lower.

Freezer temperature should be set to 0 degrees F or lower.

Dry storage temperature should be between 50-70 degrees F.

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