SAFE FOOD PREPARATION & PREVENTING CROSS CONTAMINATION

Preparing safe food and preventing cross contamination is important for children's health.

Proper Hand Washing



Hand washing is one of the best ways to prevent spreading germs, including those that cause the common cold, influenza (the flu) and diarrheal infections. Wash hands for 20 seconds with warm water and soap, scrubbing all surfaces of your hands.

Wash hands:

- Before & after preparing or eating food or bottles
- After using the restroom, changing a diaper or assisting a child in the restroom
- After coughing, blowing your nose or sneezing
- After touching an animal or animal waste
- After handling garbage
- After caring for someone ill
- Before & after treating a cut or wound

Separate Foods



- Separate food prep surfaces for foods that cook to different temperatures
  - *Ex: don't use a cutting board for raw poultry and then use that same cutting board to prepare fish, since fish is cooked to a lower temperature than poultry.*
- Use separate cooking and food prep surfaces when preparing food for children with food allergies or intolerances, to prevent cross-contact.

How to Clean



- Wash with soap and hot water, scrub and then rinse with hot water
- Air dry or use a clean towel to dry

Cleaning Cooking Equipment, Servingware & Bibs



- Silverware, bottles, plates, bowls, cups, etc.
- Cooking equipment and utensils
- Bibs

Cleaning Food Prep Surfaces



- Countertops
- Cutting boards*
- Tables and chairs (including high chairs and booster seats)
- Placemats and tablecloths

**cutting boards should be free of cracks or crevices, where bacteria can reside*

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

acd

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/ default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or (2) fax:(833) 256-1665 or (202) 690-7442; (3) or email:program.intake@usda.gov.

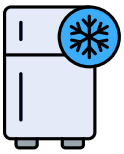
Cook to Proper Temperature



Use a food thermometer to verify a safe internal temperature when cooking food:

Food	Temperature/Time
Beef, Pork, Veal and Lamb Steaks, Chops, Roasts and Ham (Fresh or Smoked, Uncooked)	145°F, allow to rest 3 min.
Fish and Shellfish	145°F
Ground Meats and Eggs	160°F
All Poultry (Breasts, Whole Bird, Legs, Thighs, Wings, Ground Poultry, Giblets and Stuffing), Leftovers and Casseroles	165°F

Chill Food Properly



- Perishable food should be kept under refrigeration (40°F or less)
- Food kept out of refrigeration should be discarded after 2 hours, or 1 hour if the temperature is above 90°F
- Use leftovers within 4 days of when you first cooked them

CROSS CONTAMINATION VS. CROSS-CONTACT:
Cross contamination is when bacteria or other contaminants transfer from one surface to another, while cross-contact refers to the transfer of allergens specifically from one object to another.

Shopping and Storing Food to Prevent Cross Contamination



- Keep raw meat, poultry, fish and shellfish in plastic bags to prevent their juices from dripping onto other food
- Store raw meat, poultry, fish and shellfish below fresh, ready-to-eat foods in the refrigerator
- When thawing raw meat, poultry, fish and shellfish in the refrigerator, use a bag, dish or pan to prevent juices from leaking onto other food

If you are feeling ill (or have any of the following symptoms) avoid food preparation:

- Diarrhea
- Vomiting
- Jaundice (yellow skin or eyes)
- Sore throat with fever

