

THE “MAGIC” OF FOOD SAFETY FOR CHILDREN

Food Safety Education Conference

Reaching AT-RISK Audiences

and Today’s Other Food Safety Challenges

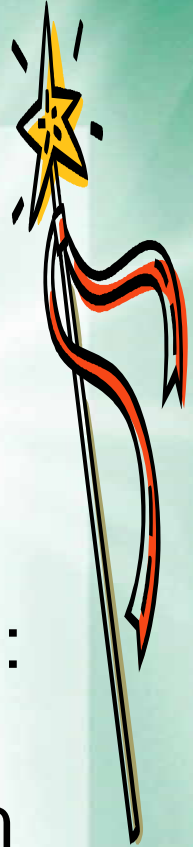
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The Magic of Food Safety for Children Program Objectives



As a result of participating in the “Magic” of Food Safety workshop, you will be able to:

1. Identify your strengths and weaknesses in Food Safety
2. Set an example in food safety for others
3. Apply what you have learned in the workshop to help ensure safe food

TOP TEN FOOD SAFETY TIPS FOR CHILDREN

1. **Hand Washing/Clean**
2. **Food Contact Surfaces**
3. **Cross Contamination/Separate**
4. **Hot Foods Hot/Cook**
5. **Cold Foods Cold/Chill**
6. **The Growth of Bacteria**
7. **Day Care, Play Ground, Petting Zoo, Railings, Buffets,
and Blowing your Nose**
8. **Food Preparation**
9. **Food Consumption**
10. **Fruits and Vegetables**



1. Why is Hand Washing So Important?

- **A beautiful sand castle on the beach, a good-luck penny, or a friendly toad are just a few of the gifts children love to bring home.**
- **Do you realize with these gifts millions of germs could be lurking?**
- **Do you wash your hands after using the restroom?**
- **Do you wash your hands after playing on the playground?**
- **Do you wash your hands after visiting a petting zoo?**
- **Do you wash your hands after coughing or sneezing?**



How to Properly Wash Your Hands

Here are some simple steps to Correct Hand Washing:

1. Wash your hands with warm water (110 degrees F). Be sure water is not too hot for little hands.
2. Use soap and lather up for approximately 20 seconds (sing Happy Birthday). Make sure you get between fingers and under nails.
3. Rinse and dry with a clean towel.

To minimize the spreading of germs in your family, make frequent hand washing a rule for everyone in the family, especially:

- Before eating and cooking
- After using the restroom
- After cleaning the house
- After touching animals, even your family pet
- After taking care of a sick friend or family member
- After blowing one's nose, coughing, or sneezing
- After being outside (playing, gardening, sand box, walking the dog)

2. *Food Contact Surfaces should be kept clean*

- After handling raw meat wash hands. Before cooking any food item always be sure to wash your hands and clean the food contact surface.
- Before handling any ready-to-eat foods such as salad, apple, snack chips, or cake.



3. *Cross Contamination*

- Wash your hand before and after touching raw meat



- Wash your hands prior to touching Ready-To-Eat foods



4. Hot Foods Hot

Hot foods need to be held at 140° F



Re-heated foods need to be brought up to a temperature of 165° F for 15 seconds



5. Cold Foods Cold/Chill

- Please do not leave food sitting out on the counter for more than two hours.
- Cold foods need to be at a temperature of 41°F or lower.



6. How Do Bacteria Grow?

Bacteria double every 20 minutes

2 M&M = 20 minutes

4 M&M = 40 minutes

8 M&M = 60 minutes (1 hr.)

16 M&M = 80 minutes (1 hr. 20 min.)

32 M&M = 100 minutes (1 hr. 40 min.)

64 M&M = 120 minutes (2 hr.)

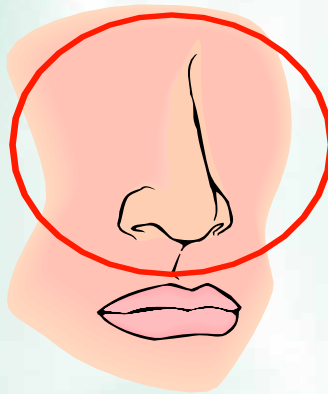
128 M&M = 140 minutes (2 hr. 20 min.)

256 M&M = 160 minutes (2 hr. 40 min.)





7. Day Care, Play Ground, Petting Zoo, Railings, Buffets, and Blowing Nose....What do they all have in common?



The Nose





8. Food Preparation

From the FightBac® Campaign

1. Clean-Hands and Surfaces often
2. Separate-Don't Cross Contaminate
3. Cook-Cook to the Proper Temperature
4. Chill-Refrigerate Promptly

9. *Food Consumption*

- Wash hands before sitting down to eat a meal.
- Be sure hot foods are hot and cold foods are cold.
- When in doubt...throw it out.



10. *Fruits and Vegetables*

- All fruits and vegetables should be washed before eating
- What would happen if you cut through a melon without washing it?
- Apples, Grapes, Oranges



Questions

