

Important Food Safety Steps

Food tastings, cooking demonstrations, and hands-on food activities are fun ways for kids to learn about healthy eating. It is important that you follow these instructions to keep everyone safe and healthy.

Hand Washing

Everyone must wash hands before and after preparing, handling, or sampling foods. If soap and clean, running water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. Hand sanitizers are not as effective when hands are visibly dirty or greasy.

When washing hands with soap and water:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air-dry them.



When using hand sanitizer:

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.



Cleaning Fruits and Vegetables

When preparing any fresh produce, begin with clean hands. See hand-washing instructions on the left.

Rinse all produce thoroughly under running water before eating, cutting, or cooking. Washing fruits and vegetables with soap, detergent, or commercial produce washes is **not** recommended.

Even if you plan to peel the produce before eating, it is still important to rinse it first so dirt and bacteria are not transferred from the peel via the knife to the fruit or vegetable. This includes melons, oranges, pineapples, and other fruit with a peel or rind.

Scrub firm produce, such as melons and cucumbers, with a clean produce brush.

Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.

Cut away any damaged or bruised areas on fresh fruits and vegetables before preparing and/or eating. Produce that looks rotten should be thrown away.

Many precut, bagged, or packaged produce items like lettuce are prewashed and ready to eat. If so, it will be stated on the package, and you can use the product without further rinsing.

Safe Food Handling

When Shopping:

Separate raw meat, poultry, and seafood from other foods in your grocery shopping cart. Place these foods in plastic bags to prevent their juices from dripping onto other foods. It is also best to separate these foods from other foods at checkout and in your grocery bags.

When Preparing Food:

Wash hands and surfaces often. Harmful bacteria can spread throughout the food preparation area and get onto cutting boards, utensils, and countertops. To prevent this:

- Use hot, soapy water and paper towels or clean cloths to wipe kitchen surfaces or spills. Wash cloths often in the hot cycle of your washing machine.
- Wash cutting boards, dishes, and counter tops with hot, soapy water after preparing each food item and before you go on to the next item.
- A solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water may be used to sanitize surfaces and utensils.

Cutting Boards:

Always use a clean cutting board. Once boards become excessively worn or develop hard-to-clean grooves, they should be replaced.

When Serving Food:

Always use a clean plate. Never place cooked food back on the same plate or cutting board that previously held raw food.

Refrigerating Food:

Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not overstuff the refrigerator. Cold air must circulate to help keep foods safe. Always marinate food in the refrigerator, not on the counter. Refrigerators should maintain a temperature no higher than 40 °F. Frozen food will hold its top quality for the longest possible time when the freezer maintains 0 °F or below. For safety, it is important to verify the temperature of refrigerators and freezers.

For additional food safety information, go to <http://www.foodsafety.gov>.

Food Allergies

Each year, millions of Americans have allergic reactions to food.

Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions and may even be life-threatening. Before you begin any tasting or food preparation activity, be sure to find out if any participants have food allergies.

Top Eight Food Allergens

There are eight foods that most commonly trigger an allergic reaction. These foods, and any ingredients made from them, are the eight most common food allergens and should be identified as allergens on food labels. These foods include: **fish, shellfish, eggs, milk, wheat, peanuts, tree nuts, and soybeans.**

For additional food allergy management and prevention information, refer to the Centers for Disease Control and Prevention's *Voluntary Guidelines for Managing Food Allergies In Schools and Early Care and Education Programs* at

<http://www.cdc.gov/healthyyouth/foodallergies/index.htm>.

Know the Symptoms

Symptoms of food allergies typically appear from within a few minutes to a few hours after a person has eaten the food to which he or she is allergic. Allergic reactions can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Swelling of the throat and vocal chords
- Dizziness and/or lightheadedness
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Difficulty breathing
- Loss of consciousness

Call for emergency medical help quickly if someone is having a severe allergic reaction (anaphylaxis).

Allergen Notice for Recipes



RECIPE

THEME

MAY CONTAIN

Fruity Fun Chicken Salad Cups

Sun (p. 14)

Milk

Cool Cucumber Yogurt Dip

Stay Cool (p. 22)

Milk

Berry Jams Party Bites

Music & Dance (p. 30)

Peanuts, Wheat

Garden Fiesta Tuna Pockets

Celebrations (p. 46)

Fish, Wheat

Home Run Hummus Wrap

Sports (p. 54)

Wheat