

Module 8: Healthy Practices (Part II)

Handout 2

Healthy Practices for Preparing and Serving Food to Children in Your Care

Following is a list of the recommended procedures for preparing and serving food. Place a check mark next to each of the procedures you have carried out.

<u>Food Purchasing</u>	
Check the use by, sell by or expiration date on foods.	
Keep packages of raw meat separate from other foods, particularly foods that are eaten fresh.	
Raw meat must be stored below other food in the refrigerator.	
Make sure that refrigerated foods are cold to the touch and frozen food is rock-solid.	
Take foods straight back to the center / FCCH to the refrigerator; never leave food in a hot car.	
Do not use home-canned foods or food from dented, rusted, or bulging cans or cans without labels.	
<u>Food Storage</u>	
Store all perishable foods at temperatures that will prevent spoilage (refrigerator temperature of 41F or lower, freezer temperature of 10°F or lower).	
Place working thermometers in the warmest part of the refrigerator and freezer (near or in the door shelf) and check them daily.	
Store non-refrigerated foods in clean, rodent- and insect-proof, covered metal, glass, or hard plastic containers.	
Store containers of food above the floor (about 6") on racks or other clean slotted surfaces that permit air circulation.	
Store all food items separately from nonfood items.	