



Food—MAKE IT SAFE!

1

Keep everything clean

- Wash your hands and your child's hands before preparing or eating food.
- Wash fresh fruits and vegetables carefully before cooking them or giving them to your child to eat raw.
- Wash dishes thoroughly in hot soapy water. Use a clean dishcloth to wash dishes. Don't use sponges - they often spread germs. Air-dry dishes.
- Wash the cutting board thoroughly with hot soapy water between uses for different foods, especially after using it to cut raw meat. Use only cutting boards made of nonporous materials.

2

Prepare foods properly

- Always cook foods thoroughly. Be especially careful about foods containing meat, fish, eggs, or poultry. Cook hamburger until it is brown or gray on the inside. Cook chicken until the juices are clear when a knife or fork is stuck into it. Cook eggs until they are firm.
- Thaw frozen foods in the refrigerator or under cold running water - NEVER on the counter or in a bowl of standing water.
- Serve hot foods hot and cold foods cold. Make sure that hot foods stay above 140 degrees F and cold foods stay below 40 degrees F.

3

Store foods safely

- If you have stored cooked foods in the refrigerator, serve them within 2 days.
- Store raw foods below cooked or ready-to-eat foods in the refrigerator.
- Store dry ingredients (rice, sugar, etc.) in nonporous containers with tight-fitting lids to prevent insects and rodents from entering the product.
- Cover and refrigerate or freeze extra cooked foods right away. NEVER leave it on a counter to cool.
- Leftovers that are refrigerated or frozen should only be reheated or reused one time. If they are not all eaten the second time, throw them out.
- When reheating, bring liquids such as gravy, soup, or sauces to a boil. Heat other leftovers to 165 degrees F.
- Store cleaning products and medications away from food and children.

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PREVENT CHOKING!
Do not serve these foods to children under age 4.

- ▶ Spoonfuls of peanut butter
- ▶ Mini-marshmallows
- ▶ Large chunks of meat
- ▶ Nuts, seeds, peanuts
- ▶ Raw carrots (in rounds)
- ▶ Fish with bones
- ▶ Other dried fruit
- ▶ Hot dogs (whole or sliced into rounds)
- ▶ Hard candy
- ▶ Popcorn
- ▶ Raw peas
- ▶ Whole grapes
- ▶ Ice cubes
- ▶ Raisins
- ▶ Pretzels, chips



CHANGE FOODS TO MAKE THEM SAFE

FOOD	KIND OF CHANGE
▶ Hot dogs	▶ Cut in quarters lengthwise, then into small pieces
▶ Whole grapes	▶ Cut in half lengthwise
▶ Nuts	▶ Chop finely
▶ Raw carrots	▶ Chop finely or cut into thick strips
▶ Peanut butter	▶ Spread thinly on crackers; mix with applesauce and cinnamon and spread thinly on bread
▶ Fish with bones	▶ Remove the bones