

MAINE DEPARTMENT OF EDUCATION - CACFP

Child Care Food Safety

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My name is David Hartley

I work for the Child Nutrition Program

Part of my job is to teach ServSafe to school nutrition staff

This is a requirement for businesses that prepare and sell food

The things we cover today are recommendations for your facility

Food Safety - ServSafe

Things we will be talking about today come from the

Child Care Center Food Safety Guide

Maine Food Code, 2013

ServSafe

These are things to do to improve the serving of safe and healthy foods to your customers.

INTRODUCTION

The Childcare Center Food Safety Guide provides guidelines and tips on how to safely prepare food in childcare settings. Throughout this guide, there are **bold** words. Each of these words is defined in the Glossary section (page 47-48). Also, a list of resources can be found in the Reference section.



Food Safety

Children younger than five years old are at an increased risk for foodborne illness (also called food poisoning) and related health complications because their immune systems are still developing. Young children cannot fight off infections as well as adults.

Young children, older adults and individuals with a compromised immune system are at greater risk.

Following good practices in health and personal hygiene can prevent spreading foodborne illnesses.



Employee Health

Contact the director if experiencing any of these:

- Sore throat with fever
- Vomiting
- Diarrhea
- Jaundice(yellowing of the skin)
- Diagnosis of foodborne illness by healthcare provider
- Exposure to someone with a foodborne illness

Wound on hands or arms

Treat and bandage infected wounds or sores on hands and arms immediately with an impermeable cover such as a bandage

Wear a single-use glove over bandages when handling food to prevent the bandage from falling into the food.



Jewelry

From the 2013 Maine Food Code

2-303.11 Prohibition.

Except for a plain ring such as a wedding band, while preparing food, Food Employees may not wear jewelry including medical information jewelry on their arms and hands.

This is to prevent something from falling off and ending up in what you are preparing.

When preparing and Serving Meals

Fingernails:

Short, clean, no polish, no false nails



Hair:

Proper hair restraint and if you have a beard, beard restraint.



Hand Washing

Hand washing should last approx. 20 seconds:

1. Wet your hands with clean, running water (warm water recommended). Apply soap.
2. Lather hands with soap and vigorously scrub for 20 seconds (sing the “Happy Birthday” song twice).
3. Scrub the back of both hands, wrists, between fingers, and under fingernails.
4. Rinse hands under warm running water.
5. Dry your hands using a clean disposable towel. Do not reuse cloth towels for this
6. Turn off the water with paper towel. Use it to open the door, then discard it into a trash can.

WHEN TO WASH HANDS - BEFORE

- Children arrive
- Preparing food and beverages
- Serving food
- Eating
- Participating in food activities
- Putting on or changing single-use gloves
- Handling clean dishes or utensils
- Changing food preparation tasks, such as working with ready-to-eat (RTE) and raw food
- Treating a cut or wound

WHEN TO WASH HANDS - AFTER

<https://www.youtube.com/watch?app=desktop&v=WKZxlx1Ym1g>



- Helping children wash their hands
- Washing an infant's hands or face
- Using the toilet
- Changing diapers or assisting a child using the toilet
- Blowing nose, coughing, or sneezing
- Touching an animal/pet, animal waste, and pet food/treats
- Eating
- Participating in food activities
- Touching garbage
- Handling soiled dishes or utensils
- Touching body parts other than clean hands and arms
- Sweeping, mopping, or wiping counters
- Returning from outdoor playtime
- Using the phone
- Children have left for the day
- Hands look or feel dirty, or become contaminated
- Treating a cut or wound

GLOVES – WHEN TO WEAR

Ready-to-Eat Foods:

Foods that may be eaten as is, without any additional cooking or washing, are called ready-to-eat foods (RTE). Examples include fresh produce, bread, and cheese. These types of foods can be easily contaminated by bare hands that carry microorganisms and may cause foodborne illness. When handling RTE foods, always wash hands and wear single-use gloves or use appropriate utensils such as tongs, spatulas, or spoons

Gloves

Single use disposable gloves:

No matter what, when gloves are removed from hands they are trashed

Correct Size

When changing task, remove gloves, wash hands, put a fresh pair

When your task is interrupted and you leave what you are doing, remove gloves, wash hands, put a fresh pair before retuning to task



One Size Fits all



Correct hand size



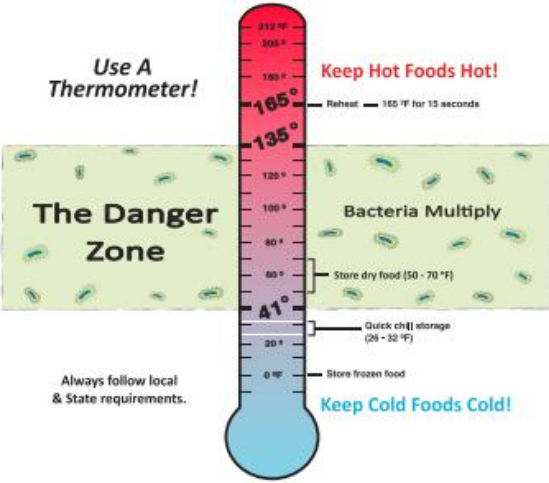
TIME AND TEMPERATURE CONTROL

The 2013 Maine Food Code has food safety regulations for food establishments and has a temperature danger zone of 41 °F – 135 °F (5 °C – 57.2 °C).

Bacteria grows rapidly in the temperature danger zone, doubling in number in as little as 20 minutes.

You cannot see, smell, feel the bacteria growing

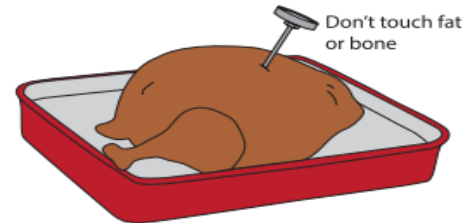
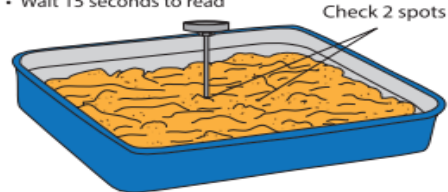
TIME AND TEMPERATURE CONTROL



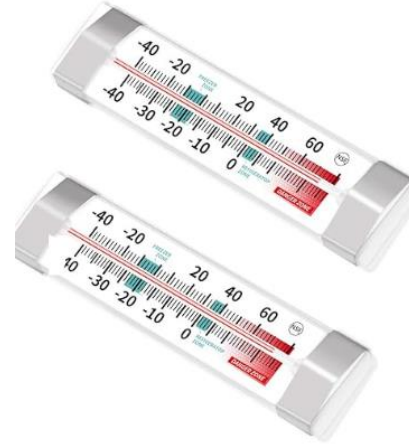
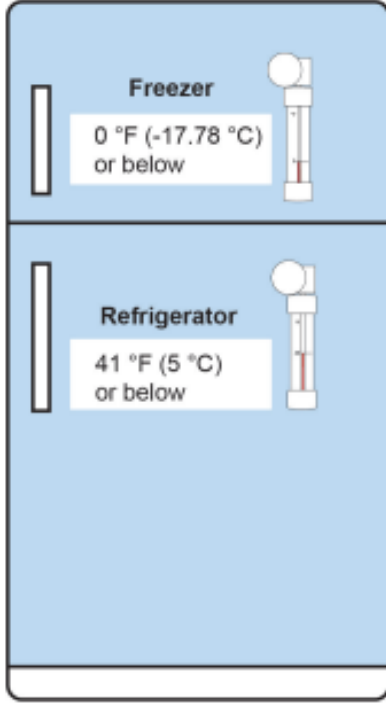
USING THERMOMETERS

- Check food temperatures with a calibrated food thermometer to ensure food has been cooked to a safe temperature. Refer to the Calibrating Food Thermometers page to learn about how to properly calibrate a food thermometer.
- Wash, rinse, sanitize, and air-dry the metal stem of the thermometer before and after use.
- Check food to ensure it has reached its proper internal temperature. If it has not, continue cooking until it does.

- Insert about 2 inches deep
- Don't touch sides or bottom
- Wait 15 seconds to read



Use thermometers in refrigerators



Calibrate Thermometers

Calibrate at least once a week

This includes digital thermometers

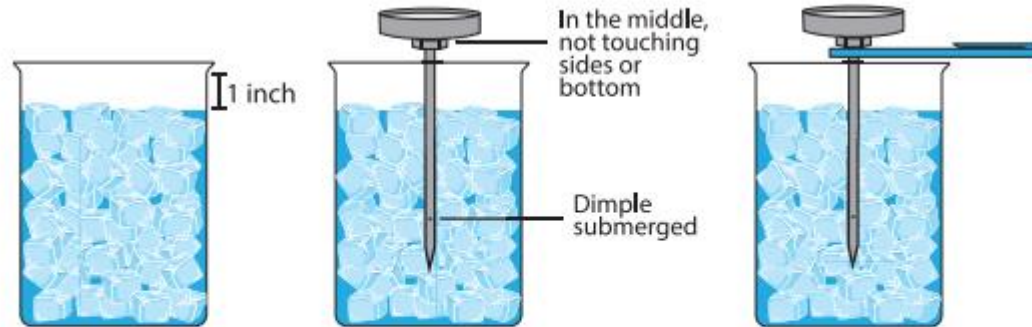
If checking a digital thermometer and it cannot be adjusted, it is trash

Calibrate if the device was dropped

Record the calibration of thermometers

This shows that you are using them correctly

CALIBRATING FOOD THERMOMETERS



1. Add ice
2. Add cold water
3. Sit 1 minute

4. Insert thermometer

5. Hold for 30 seconds or until dial stops
6. Adjust dial to 32 °F

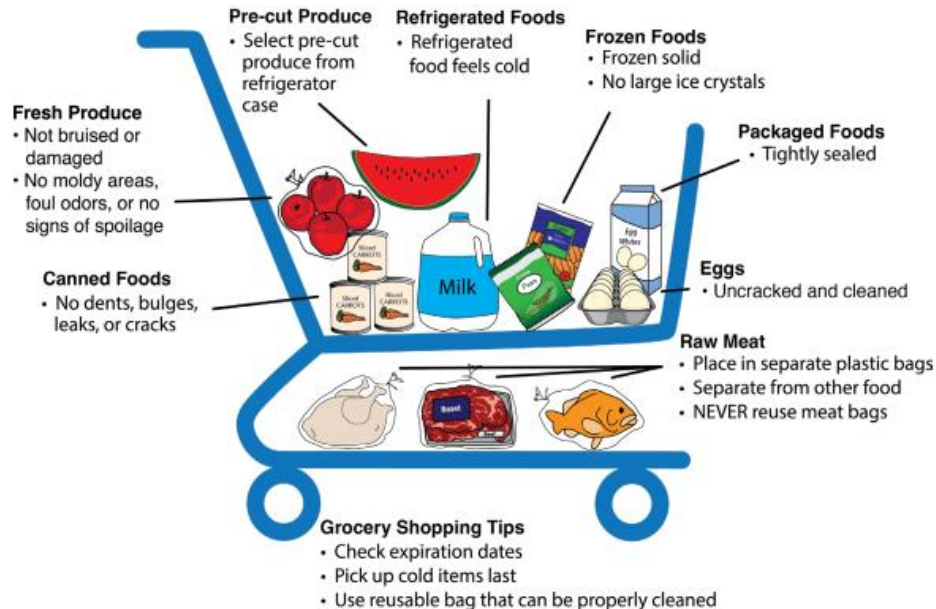
Activity

Calibrate a thermometer



Purchasing Supplies

Purchase all supplies from an approved reputable supplier



When Purchasing fresh meats

Put your finger on the product

If it bounces back it is fresh

If it leaves the finger imprint it is not fresh, choose another item.

Receiving Food

Is it delivered when you can check it in?

Is it what you ordered? Correct counts?

Is the product in acceptable condition?





If you receive frozen product there are ice crystals on it, refuse it.

It has been time/temperature abused.

Food Storage

First In / First Out

Rotate supplies to use the oldest product first

Date mark a package of food you have open and not used all of

Date mark leftovers

Only use food grade materials for storing food

Do not repurpose containers that were used for something else

Storing and Using Chemicals

Follow
Manufacturer's
Directions



Locked
Storage Areas



Labeled
Containers



Don't Use
Chemical
Containers for
Food



Keep label from cleaning supplies, they explain:

How to use

If contact with skin, eyes, body what to do

How to dispose of unused product

Chemical Storage

Use chemicals approved for use
in foodservice operations.

Purchase chemicals from approved,
reputable suppliers.

Store chemicals away from prep areas,
food-storage areas, and service areas.

Separate chemicals from food and
food-contact surfaces by spacing and partitioning.



NEVER store chemicals above food or food-contact surfaces.

Chemical Contaminants

- Use chemicals for their intended use and follow manufacture's directions
- Only handle food with equipment and utensils approved for foodservice use.
- Make sure the manufacturer's labels on original chemical containers are readable.
- Follow the manufacturer's directions and local regulatory requirements when throwing out chemicals.

Sanitizer

Various types of sanitizers for hand washing and cleaning

Chemical sanitizers:

Commonly used chemical sanitizers include:

Chlorine.

Iodine.

Quats (quaternary ammonium compounds).

Sanitizers must be available to employees at all times

Each sanitizer has a different water temperature and concentration level:

BE SURE TO FOLLOW INSTRUCTIONS ON LABEL

Hand sanitizers are NOT a replacement for washing hands.

Thawing Food

There are only 4 allowable methods to thaw food

In a refrigerator: temperature maintained below 41F

In a sink: under cold running water that is below 70F

In a microwave: only if cooking right after-microwave-cook

As part of the cooking process

TCS foods

Time and Temperature Control for Safety

Cooking Requirements for Specific Foods

Minimum internal cooking temperature:

165°F (74°C) for <1 second (Instantaneous)

- Poultry—whole or ground chicken, turkey or duck
- Stuffing made with fish, meat, or poultry
- Stuffed meat, seafood, poultry, or pasta
- Dishes that include previously cooked TCS ingredients



Cooking Requirements for Specific Foods

Minimum internal cooking temperature:

155°F (68°C) for 17 seconds

- Ground meat—beef, pork, and other meat
- Meat mechanically tenderized with needles or blades or by injecting it with brine or flavors (e.g. brined ham or flavor-injected roasts)
- Meat vacuum-tumbled with marinades or other solutions
- Ground meat from game animals commercially raised and inspected



Cooking Requirements for Specific Foods

Minimum internal cooking temperature:

155°F (68°C) for 17 seconds

- Ratites—including ostrich and emu
- Ground seafood—including chopped or minced seafood
- Shell eggs that will be hot-held for service



Cooking Requirements for Specific Foods

Minimum internal cooking temperature:

145°F (63°C) for 15 seconds

- Seafood—including fish, shellfish, and crustaceans
- Steaks/chops of pork, beef, veal, and lamb
- Commercially raised game
- Shell eggs that will be served immediately



Cooking Requirements for Specific Foods

Minimum internal cooking temperature:

135°F (57°C) (no minimum time)

- Food from plants, including fruits, vegetables, grains (e.g., rice, pasta), and legumes (e.g., beans, refried beans) that will be hot-held for service



Temperature Control

It is a good practice to record that foods have reached the correct temperature

Hold hot foods at a minimum of 135F

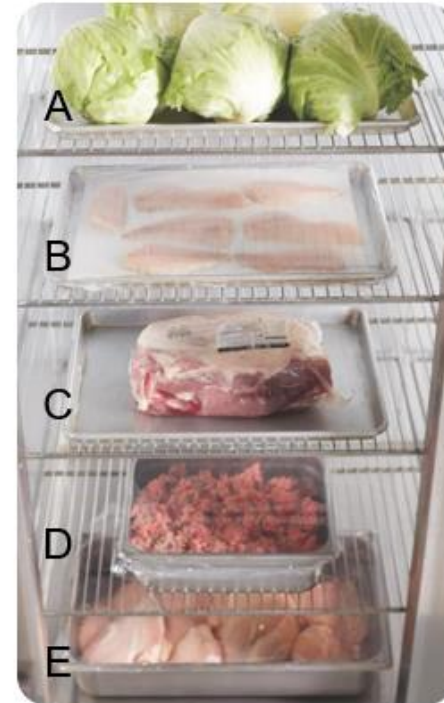
Hold cold foods at a maximum of 41F

If foods are held for longer than 4 hours and you have not taken temperatures to ensure food safety, the food must be disposed of.

Storage

Preventing cross-contamination:

- Store food items in the following top-to-bottom order:
 - A. Ready-to-eat food
 - B. Seafood
 - C. Whole cuts of beef and pork
 - D. Ground meat and ground fish
 - E. Whole and ground poultry
- This storage order is based on the minimum internal cooking temperature of each food.



Serving Food

Clean and Sanitize tables and chairs before and after service

Customers and staff wash hands

If family style, assist customers

If a serving utensil becomes contaminated replace with clean utensil

Serve a customer with food allergies first, prevent cross contamination

Preventing Cross Contamination

Cross-contamination is the transfer of microorganisms from hands-to-food, food-to-food, or equipment and food contact surfaces-to-food. Preventing cross-contamination reduces the risk of foodborne illness

Wash hands when changing tasks

Change gloves when you leave the task you are doing

Clean and sanitize all surfaces and utensils after preparing food

Cross contamination can also happen with allergy customers

Prepare meals separately, if possible, in a separate area.

If possible, use utensils that are for just this purpose

Cross-contamination can cause a foodborne illness when:

- Contaminated ingredients are added to food that receives no further cooking
- Ready-to-eat food touches contaminated surfaces.
- Contaminated food touches or drips fluids onto cooked or ready-to-eat food.
- A food handler touches contaminated food and then touches ready-to-eat food.
- Contaminated wiping cloths touch food-contact surfaces.



Hand – Hand Cross Contamination

Definition: When improperly washed hands or improperly used single-use gloves contaminate food with microorganisms

Example: Lifting a trash can lid with gloved hands, then preparing food without washing hands and changing gloves

How to Avoid:

- Wash hands properly, frequently, and at appropriate times.
- Clean and sanitize surfaces handled often, such as refrigerator and freezer handles.
- Change single-use gloves when torn, contaminated, or switching tasks

Food - Food Cross Contamination

Definition: When a food contaminates another food with microorganisms

Example: Thawing raw meat in the refrigerator above fresh produce and the meat juices drip on the produce

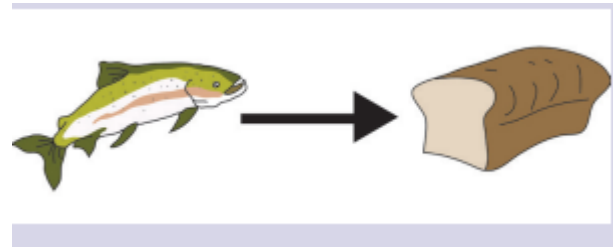
How to Avoid:

- Separate unwashed fruits and vegetables from washed fruits and vegetables and other ready-to-eat foods.
- Separate meats and other raw products from ready-to-eat foods.
- Thaw raw meat on the bottom shelf of the refrigerator in a container to catch juices.
- Do not wash raw meat, poultry, or fish. Water can splatter and spread germs.

Food - Food Cross Contamination

All foods have the potential to cause foodborne illness. The following foods are more likely to carry harmful microorganisms that can make you sick if contaminated.

- Fresh fruits and vegetables, if mishandled
- Raw or undercooked meat and poultry
- Raw or lightly cooked eggs
- Raw shellfish
- Unpasteurized (raw) milk



Equipment & Food Cross Contamination

Definition: When an improperly cleaned surface or equipment contaminates food with microorganisms

Example: Using a can opener for several food items without cleaning between uses, or using a cutting board to cut raw chicken and an apple



Equipment & Food Cross Contamination

How to Avoid:

- Use only dry, cleaned, and sanitized equipment and utensils for food preparation.
- Wash, rinse, and sanitize food prep tables, equipment, and cutting boards after each use and before beginning a new task.
- Use separate cutting boards for raw meats and fresh produce. If separate cutting boards are not available, wash, rinse, sanitize, and air-dry the cutting board between tasks. Allergies
- Use only dry, cleaned, and sanitized containers for food storage.
- Cover all foods, label, and date them.

Allergies

Tips for Avoiding Cross-Contact

- Read food labels for allergens.
- Wash hands before preparing food for a child with a food allergy.
- Wash, rinse, and sanitize all utensils, equipment, and contact surfaces before and after each use.
- Prepare food for a child with a food allergy first. Cover, label, and store the allergy free items separately.
- Be mindful of potential non-food sources of cross-contact, such as potholders, sponges, aprons, sanitizer buckets, and oven mitts. Visit www.theicn.org/foodsafety for more information about food allergies and ICN's Child Care Center Food Allergy Fact Sheet set.

Prevent Choking Hazards

- Finely chop foods into thin slices, strips, or small pieces (no larger than ½ inch), or grate, mash, or puree foods. This is especially important when serving raw fruits and vegetables, as those items may be harder to chew.
- Cook or steam hard food, like carrots, until soft enough to pierce with a fork.
- Remove seeds, pits, and tough skins/peels from fruits and vegetables.
- Remove all bones from fish, chicken, and meat before cooking or serving.
- Grind up tough meats and poultry.
- Spread nut butters thinly on other foods (for example, toast, crackers, etc.).
Serve only creamy, not chunky, nut butters.

Foodborne Disease

A foodborne illness is a disease transmitted to people through food.

An illness is considered an outbreak when:

- Two or more people have the same symptoms after eating the same food.
- An investigation is conducted by state and local regulatory authorities.
- The outbreak is confirmed by laboratory analysis.
- Work with authorities of an foodborne illness is suspected

Pest Management

Rules of pest prevention:

1. Deny pests access to the operation.
2. Deny pests food, water, and shelter.
3. Work with a licensed Pest Control Operator (PCO).
4. Throw out garbage quickly and correctly
5. Clean up spills around containers immediately

6. Keep recyclables in clean, pest-proof containers

ServSafe

National recognized food safety course

Offered through the ME DOE Child Nutrition Program

Open to individuals operating a CACFP operation

Two-day course, test at the end.

This is optional for CACFP programs, will help to ensure better food safety

ServSafe

Monmouth Memorial School

130 Academy Road Monmouth

Tuesday, August 27, 2024 - 8:30am-3:00pm

Wednesday,

August 28, 2024 - 8:30am-approx. noon for the test

<https://theicn.org/cacfp-food-safety-toolkit/>



QUESTIONS?