Providing Safe Food in the Childcare Setting

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Providing Safe Food in the Childcare Setting
Learning objectives…

• Describe why young children are at a higher risk for developing a foodborne illness and the potential long term consequences of illness.

• Plan ways to use the Penn State Better Kid Care learning module, “Food Safety in Childcare: From Prep to Cleanup” to engage childcare providers.

• Identify best food safety practices to use in a childcare setting.
Risks

• Immune systems still developing

• Produce less stomach acid

• Lower body weight

• Limited control over diet & related food safety risks
Children under 5 experience the highest rates of laboratory confirmed infections from eight of the 10 major foodborne pathogens, both bacteria and parasites, tracked by the public health system.

http://www.cdc.gov/foodnet/data/trends/tables/2013/table4a-b.html
Common Pathogens Affecting Children

- *Campylobacter*
- *E. coli* 0157:H7
- *Listeria monocytogenes* (*Lm*)
- *Salmonella*
- *Shigella*
- *Toxoplasma gondii* (*T. gondii*)
Potential Long Term Implications of FBI

- **Campylobacter**
  - Guillain-Barre’ syndrome, reactive arthritis, IBS

- **E. coli 0157:H7**
  - Kidney dysfunction, HTN, CVD, IBS, diabetes, neurological disorders

- **Lm**
  - Neurological dysfunctions

- **Salmonella**
  - Reactive arthritis, chronic diarrhea, IBS
Costs

- $15 billion/year
- Quality of life
- Long term health
- Business loss
Penn State Better Kid Care

Provides evidence-informed professional development for early care and education and out-of-school time professionals to improve the quality of their care and educational practices.
Program Components

- Web-based *On Demand* self-directed learning
- Print-ready professional development resources
- Instructor resources
- Monthly e-newsletter
- Social media
- Video vodcasts with discussion starters
Penn State Better Kid Care On Demand State Approval

42 states and Washington DC
Aligned with State Competency Areas
On Demand Statistics

Program type

- 10% Home-based
- 67% Center-based
- 11% public pre-K
- 8% school-aged

Primary Role

- 34% Asst Teacher
- 30% Lead Teacher
- 25% All Others
- 11% Director

CACFP 35%
receive subsidies for limited resource families

48% High school/GED

54% 5+ years in this profession

Education level

64% White
24% African American
8% Hispanic

Statistics as of: 10/16
On Demand Statistics

Statistics as of: 10/16

- High School Diploma/GED: 48%
- Less than High School Diploma: 3%
- Associate’s Degree: 16%
- Bachelor’s Degree: 25%
- Master’s Degree: 8%
Sign into Better Kid Care On Demand at:
extension.psu.edu/youth/betterkidcare/on-demand
Set up an account
# On Demand Web Lessons

**Lessons**
- New Releases
- All On Demand
- In Progress On Demand
- Lesson Series or Courses
- By CDA Subject Area
- By Content Area (CKC)
- By Age Group
- By Discussion Forum
- Lecciones en Español
- Completed
- State Approved Lessons Test

## CDA Course

**Required Health & Safety**

**Your Account**
- Profile
- Change Password
- Employer/Business
- Credit Card Transactions
- Lesson Prepayment

**Discussion Forum Info**

**Help**
- Frequently Asked Questions
- Video Tutorials
- Contact Better Kid Care

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**All On Demand Lessons (click lesson title - move scroll bar to see all lessons)**

<table>
<thead>
<tr>
<th>Lesson Description</th>
<th>Fee</th>
<th>Status</th>
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</thead>
<tbody>
<tr>
<td>A Good Night's Sleep: How Sleep Affects Health (K7.3 C1) (CDA1) 2hr</td>
<td>0</td>
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<tr>
<td>Achieving 21st Century Skills through Project-Based Learning (K2.7 C2) 2hr</td>
<td>0</td>
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<tr>
<td>Adverse Childhood Experiences: Building Resilience (K3.5 C1) (CDA3) 2hr</td>
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<tr>
<td>Advocacy: Raising Awareness for the Early Childhood Professional (K6.10 C1) (CDA6) 1hr</td>
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<tr>
<td>Art Appreciation 101 for Young Children (K2.15 C1) (CDA2) 2hr</td>
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<tr>
<td>Balancing Child-Staff Ratios (for Center Directors) (D6.6 C2) 2hr</td>
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<tr>
<td>Be Clear on Clearances (for Center Directors) (D7.11 C1) 2hr</td>
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<tr>
<td>Becoming a 21st Century Skills Program (K2.9 C2) (CDA5) 2hr</td>
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<td>Beyond Counting: Strategies to Support Preschool Math Development (K2.15 C2) (CDA2) 2hr</td>
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<tr>
<td>Block Play Builds Learning Skills (K2.15 C1) (CDA8) 1hr</td>
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<tr>
<td>Building Community Support for Out-of-School Time Programs (K3.9 C2) 2hr</td>
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<tr>
<td>Building Relationships with Children and Youth Who Challenge Us (K2.13 C2) 2hr</td>
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<tr>
<td>CDA Credential: An Introduction and Professional Reflection (K6.5 C1) (CDA6) 2hr</td>
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* There is no fee for these lessons because you are a reviewer of lessons or an employee of Better Kid Care.
On Demand Web Lessons

Lesson Information Screen

Title: Food Safety in Child Care: From Prep to Cleanup

Description: Providing healthy and safe food in child care is a key role for both center and home-based child care practitioners. Preventing foodborne illness (FBI), and making sure children are safe from choking risks and other food-related injuries, requires awareness and planning. This lesson describes guidelines for food safety practices that will enable child care providers to make food healthy and safe for the children in their care.

Status: Not Started

Start now

Back to lesson list
Lesson overview

Providing healthy and safe food in child care is a key role for both center and home-based child care practitioners. Preventing foodborne illness (FBI), and making sure children are safe from choking risks and other food-related injuries, requires awareness and planning. This lesson describes guidelines for food safety practices that will enable child care providers to make food healthy and safe for the children in their care.

Lesson information

In this lesson you will read information based on current research. You will view video scenarios from real practitioners in child care and after school programs. You will also complete activities and handouts throughout the lesson that help you apply the information to your early care and education program. Be sure to take notes as you work on this lesson. Click on the blue link below to open the "Notes page" to record your ideas and observations.

As you work through this lesson there are handouts to download and print. Some handouts are writable PDFs where responses or information can be typed and then printed. Or you can choose to print the blank handout and complete by hand. The handouts contain activities, additional ways to enhance learning, information to share with colleagues or parents, and strategies to apply what you learned to your child care program.

Lesson objectives

- Understand the types and causes of foodborne illness.
- Identify safe food handling practices in the child care setting.
- Describe proper sanitation procedures for food surfaces and utensils.
- Explain basic principles of food storage and preparation.
- Discuss the importance of food safety in the child care setting.

Any regulations mentioned in this lesson reflect those of the state of Pennsylvania. No information in this lesson supersedes any state regulations that you need to follow. You should consult the regulations in the state where you work when developing policies and procedures. Regulations for all states are accessible on the National Resource Center for Health and Safety in Child Care and Early Education (NRC) web site. Open the link at the bottom of the page to view the regulations for your state.
Reflection activity

Take a few minutes to think about the food safety practices in your child care program. Do you have set policies and procedures that the staff is required to follow? What are some of the proactive steps that you are taking?

Use your notes page to list the three most important procedures you currently do to help keep food safe for the children in your care.

List any questions you may have about proper procedures.

Child care providers play a key role in keeping foods safe for children to eat while in their care.

(photograph of a child care provider serving snack to children seated at a table)
In addition to the key guidelines for purchasing foods and inspecting them for damage or signs of pests, it is important to keep raw meats separate from ready-to-eat foods and other foods that may become contaminated from the juices of the meat.

If a home or center garden is growing fruits and vegetables with the children that will also be prepared or consumed in the child care setting, there are some important food safety tips to remember. Click on the link below for recommendations by Penn State Extension for safe handling of these foods. There is an additional resource from USDA specifically for school gardens that can be found in the Resources section at the end of this module. Local cooperative extension offices often have Master Gardeners who can provide guidance on safe growing practices. Make sure the children wash their hands both before and after working in the garden.

On site gardening is helpful for many aspects of learning for children including nutrition education and it is important to follow food safety guidelines for preparing and consuming harvested foods.

(photograph of a young child harvesting squash)
Continue your learning

FDA Foodborne Illnesses: What You Need to Know - Chart of disease-causing organisms, including signs and symptoms

Glo Germ - Resources, use, and ordering information

Safety Data Sheets - from the U.S. Department of Labor

Food Safety News - Penn State Extension webpage

Food Safety Tips for School Gardens - from the U.S.D.A. (United States Department of Agriculture)

Date lesson entered or modified: February 2015
Food Safety in Child Care: From Prep to Cleanup
Evaluation Questions

Food Safety in Child Care: From Prep to Cleanup

Evaluation Question: How much of what you learned will you be able to use with the children or families in your care?

Count of Evaluations: 2,131
Mean of Evaluations: 3.40

Distribution of Responses:

- a great deal
- a lot
- a little
- nothing at all
Anecdotal feedback

• Foodborne illness is a serious issue that can easily be avoided if you use proper procedures.

• I learned cleaning and sanitizing are different things and you should always wash hands for at least 20 seconds. I also learned “when it doubt, throw it out.”

• Using different cutting boards for different foods is such a great idea and using only metal utensils.

• I plan on educating my co workers on the importance of proper cleaning and sanitation of food surfaces and clean up. I also want to teach them the importance on labeling and not reusing or saving served food.

• We are preparing to move to more Family Style Dining and the safety tips given in this module will be a big help in changing our serving policies.

• The steps to make sure children don't get sick when handling food is so important, from washing hands, to wearing gloves, to even just making sure the food is at the right temperature, it all is so very important! Thank you for the great lesson!
Best Practices

Personal Hygiene
 Preventing Cross Contamination
 Time & Temperature Control
 Cleaning & Sanitizing
Personal Hygiene

- Handwashing
- Illness
- Clothing
- Diapering/Bathroom Duty
Prevent Cross Contamination

• Storage
• Separate equipment
• Pre-prepared foods
• Different time
• Proper glove use
• NO bare hand contact with ready-to-eat food
Time and Temperature Control

- Storage
- Cooking
- Reheating
- Holding

- THERMOMETERS
Cleaning and Sanitizing

• Process with food contact surfaces
• Chemicals
• Sanitizing vs. Disinfecting
In summary...

• Safe food handling practices are critical in the childcare setting to reduce the risk of foodborne illness.

• Education on safe food handling that engages the childcare provider can improve practices.

• Implementing best practices on personal hygiene, prevention of cross contamination, time and temperature controls and cleaning and sanitizing in the flow of food is a must.
Attributions

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2. “Mummy will make it better” by Nathan on flickr.com CC BY 2.0
3. “Daycare” by Taber Andrew Bain on flickr.com CC BY 2.0
4. “Handwashing”, FSIS Image, US Department of Agriculture
5. “Use Separate Cutting Boards”, FSIS Image, US Department of Agriculture
References


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