

tasty times

important updates for success and more resources from the child care healthy food program



Dear Child Care Provider,

As you are aware, kids can be messy. They play in dirt, make mud pies, and put things in their mouths. A little dirt can't hurt them, however bacteria from unsafe food preparation and eating areas can. This *Tasty Times* covers the importance of proper food handling, sanitation, and storage.

—Chloe Nivala, Healthy Food Program Clerk

What Is Food Poisoning?

We've all been there—you had a nice dinner out with your family and later that night you are trapped in the bathroom with stomach issues. The Centers for Disease Control estimates that about 1 in 6 (48 million) Americans get sick with food poisoning every year. Of these 48 million, 128,000 are hospitalized and 3,000 die. Although there is only so much you can do to prevent food poisoning from a meal at a restaurant, there is a lot you can do to prevent food-borne illness at home.

Food poisoning is an acute gastrointestinal illness caused by eating food that is contaminated with bacteria or other toxins. It typically has a quick onset and short duration. Symptoms can appear as soon as 30 minutes after ingesting contaminated food to as late as several days after. The duration of symptoms depends on the severity of the illness. Most people experience only mild bouts of food poisoning. A mild case typically lasts from a few hours to several days. Pregnant women, young children, the elderly and those with a compromised immune system are more susceptible to a longer lasting and more severe illness. People in these groups should consult their doctor or seek medical treatment right away if they suspect food poisoning.

What are the symptoms?

The most common symptoms of food poisoning are:

- Nausea
- Stomach pain & cramps
- Vomiting
- Diarrhea
- Fever
- Lack of energy and weakness
- Headache
- Chills



If vomiting is severe or persists more than 12 hours seek medical treatment right away. Additionally, bloody stools, diarrhea lasting over 3 days, fever over 102°, and dehydration all requires urgent medical attention.

What causes food poisoning?

Food poisoning is caused by many different contaminants such as: bacteria, viruses, molds, toxins and parasites. For simplicity, we will use the term “bacteria” to represent all of these contaminants unless specified. Due to these multiple contaminants, there are many varieties of foodborne illness. There are at least 250 different types and they each have unique severity and duration. However, most of them feature at least 3 of the classic food poisoning symptoms listed earlier.

Safe Food Preparation:

Hand Washing:

Wash your hands thoroughly and frequently, including before, during, and after preparing a meal and immediately after handling raw meat. Always wash your hands before eating and scrub under fingernails.

Wash Fruits and Veggies:

Rinse and scrub fruits and vegetables thoroughly with warm water before consuming. No soap is necessary.

Avoid Cross-Contamination:

Cross-contamination occurs when bacteria from one object transfers to another object via direct contact. For example, using the same pair of tongs between raw chicken and salad or not washing your hands after a trip to the bathroom and then preparing a PB&J sandwich.

Continued

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What Is Food Poisoning? *Continued*

To prevent cross-contamination, **separation is key.**

- Keep raw food like meat, poultry, seafood and eggs separate from ready-to-eat foods in the grocery store cart. Also **keep raw food separate from other groceries** in your fridge.
- **Do not rinse raw chicken or other meats** in the sink. This is unnecessary because any bacteria present will be cooked off; splashing results in spreading the bacteria.
- Do not slice anything on a cutting board that you just had raw meat sitting on. If it's not possible to have 2 cutting boards, **wash your cutting board in hot soapy water immediately after cutting raw meat, before cutting anything else.** Additionally, keep an eye out for deep cuts and cracks on its surface as bacteria can fester in these areas. If the cutting board develops deep grooves, throw it away and get a new one.
- Always wash all dishes with hot soapy water after they come into contact with raw food.
- **Clean as you go.** After you cook raw meat on the skillet, sanitize and wipe down the counter space and stove top before moving on to the next step of the meal.

Temperature:

Different types of meat require different minimum internal temperatures to be safe for consumption. Consult the table below to learn more about the US Food & Drug Administration's recommended guidelines:



Type of Meat	Minimum Internal Temperature
Beef, pork, veal, and lamb (roasts, chops, and steaks):	145° with a 3-minute rest time
Poultry:	165°
Ground Meats:	160°
Seafood:	145°

After cooking, the golden rule to remember is to **keep hot foods hot and cold foods cold.** While this may sound easy, it can be difficult in practice.

Keep **hot foods above 140°** between cooking and serving. **Cold foods must be kept at 40° and below** before serving. Meals can sit out for **up to two hours at room temperature** before bacteria starts to grow. Store left-over food in the refrigerator as soon as possible. After two hours, dangerous amounts of bacteria can start to grow.

Don't thaw meats on the counter. As soon as the food hits 40°, bacteria can grow quickly, even before the meat is finished thawing. **Begin prepping your meal at least 24 hours in advance and thaw frozen meat in the refrigerator.**

If you don't have much time, another option is to seal the frozen meat in a leak-proof bag and submerge it in cold water, changing the water every 30 minutes. The microwave is also a safe way to quickly thaw meat. **With both of these methods, it is important to cook the meat immediately after it thaws.**

We hope this edition of *Tasty Times* allows you to prepare dinner fearlessly (and safely!) for yourself and your kids.

Remember, February claims are due March **5th!**

Warning! Late claims WILL result in late payment!

Welcome New Providers

Valerie Burton
 Maria C. Carrera
 Edith Cazares
 Geovanni Cazares-Carrera
 Phyllis Cupil
 Ebony Guyton
 Susanne Jackson
 Mala Jones-Belcher
 Christine C Martin
 Doreen Mottley
 Carmen Munoz
 Teresa Sczypka
 Guadalupe I. Soto
 Juana V. Torres
 Kajuanna Trotter

Attention providers!

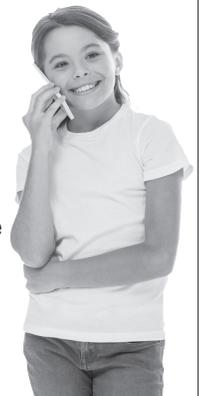
Effective October 1, 2019, the new CACFP meal pattern went into effect for the Healthy Food Program. As part of these changes, the USDA has reduced the number of infant groups from 3 (0-3 months, 4-7 months, and 8-11 months) to 2 (0-5 months and 6-11 months). Infants 6-11 months are expected to receive foods from all food groups at meals and snacks once the child is developmentally-ready to receive them.

It is the expectation that children 8 months and older are developmentally-ready to receive all foods. If you have a child that is not developmentally-ready (or a child whose parents do not believe is developmentally ready at 8 months of age), please notify the Healthy Food Program.

Healthy Food Program Number

For the Out of Home voicemail, payment information or to speak to a customer service representative:

Call: **(773) 564-8861**



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