



A Clean and Safe Day Care Home

Two (2) hours 2020/2021 Food Safety & Sanitation Training

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1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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Resources:

EEC – Policy
Extension Alliance for Better Child Care
FoodSafety.gov

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Common Health Concerns of Home Environment

We all want to provide the safest environment for young children. However, young children sneeze, cough, drool, use diapers, and are just learning to use the toilet. They hug, kiss, touch everything, put things in their mouths, and readily spread germs. For family childcare educators, our home childcare environments present understandable challenges to maintaining a clean and healthy home!

We think that cleaning is straightforward, but there are many concerns about cleaning that involve everything from allergic reactions to safe infection control. We are bombarded with many cleaning product choices, but are they all safe? The following training will look at cleaning, sanitizing, and disinfecting strategies that will keep and maintain a safe and healthy childcare home.

What is the difference between cleaning, sanitizing, and disinfecting?

Sometimes these terms are used interchangeably, but they do not mean the same thing. Each process has a different outcome. These are legal terms defined by the Environmental Protection Agency (EPA).

Clean: The process that physically removes debris from the surface by scrubbing, washing and rinsing. It may be accomplished with soap/detergent and water.

Sanitize: Using a product that kills 99.9% of germs identified on its label. Sanitizing can also be accomplished by using a device, such as a dishwasher, that reduces the germs on surfaces to a level considered safe by public health standards. Sanitizing is the appropriate method to use in food service areas.

Disinfect: Using a product that kills 99.999% of germs on hard, non-porous surfaces or objects. Some germs are very hard to kill, but disinfectants must be used properly to avoid health and environmental concerns. For example, a surface must be clean in order for disinfecting products to work.

What are family childcare program EEC responsibilities?

Regulations of the Department of Early Education and Care (EEC) require family, small group, large group, and school age childcare programs to ensure that equipment, materials, and the environment are maintained in a sanitary condition. The regulations further provide that sanitizing and disinfectant solutions used in the childcare environment must be either a bleach solution prepared by the licensee or a commercially prepared disinfectant that has been registered as a sanitizing solution by the Environmental Protection Agency (EPA). *See 606 CMR 7.11(10)(f)-(p)*. This policy provides additional information regarding the means, methods and frequency of cleaning, sanitizing and disinfecting required to comply with these regulations. The goal of safe cleaning is effective germ control using the safest amount of cleaning, sanitizing or disinfecting product.

In accordance with Department of Public Health (DPH), recommendations, cleaning, sanitizing and disinfecting must be completed as follows:

1. Cleaning alone is sufficient for some surfaces. Cleaning means to physically remove dirt, debris and sticky film from a surface by scrubbing, washing, wiping and rinsing. Cleaning is done with regular (not antibacterial) soap or detergent and water. Towels, washcloths, sheets, pillowcases and other coverings, and machine washable fabric toys must be cleaned and dried before use by another child, and at least weekly. Washcloths used for multiple purposes should be cleaned and dried after every use. These items do not need to be sanitized or disinfected.
2. Sanitizing or disinfecting must follow cleaning as required. Cleaning first allows the sanitizing or disinfecting product to come in contact with the surface.



3. Sanitizing (*after cleaning*) is the proper treatment for most equipment and surfaces in early education and care programs. Sanitizing surfaces destroys enough germs to reduce the risk of becoming ill from contact with those surfaces.
4. Disinfecting (*after cleaning*) is the proper treatment for surfaces or equipment where safe contact requires a more powerful response to germs. Disinfecting is the proper treatment for equipment and surfaces that are involved with toileting and Special Precautions.
5. Special Precautions treatment requires that surfaces or equipment exposed to blood or vomit spills be disinfected (with the standard disinfectant solution) while wearing gloves.
6. Sponges must not be used for sanitizing or disinfecting.
7. Surfaces and equipment must air dry after sanitizing or disinfecting. Do not wipe dry unless it is a product instruction.
8. Small items requiring sanitizing (such as pacifiers) may be dipped in a container for that purpose filled with sanitizing solution and allowed to air dry, or may be washed and dried in dishwasher.
9. All sanitizing and disinfecting solutions must be labeled properly to identify the contents; kept out of the reach of children; and stored separately from food items. Do not store sanitizing and disinfecting solutions in beverage containers.

Frequency of Sanitizing and Disinfecting

The following item must be cleaned and sanitized daily, before and after each use:

Cleaned and Sanitized:

- All surfaces used for eating , including high chairs, trays and other possible Surfaces used when feeding infants and toddlers who may not be able to sit at an adult table.

The following items, equipment and surfaces must be cleaned and sanitized or disinfected after each use: Cleaned and Sanitized:

- Bibs (when used for only one child, good judgment should be used in deciding whether a bib can be reused before washing.)
- High Chairs
- Thermometers
- Toys mouthed by infants and toddlers
- Bottles, eating & drinking utensils and dishes, and preparation utensils
- Mops, cloths, or other cleaning equipment *when not used for cleaning body fluids*.

Cleaned and Disinfected:

- Toilet training chairs which have first been emptied into a toilet
- Sinks and faucets used for hand washing after the sink is used for rinsing a toilet training chair
- Diapering surfaces
- Mops, cloths, or other cleaning equipment used for cleaning body fluids (*using Standard Precautions*)

The following items, equipment and surfaces must be cleaned and sanitized or disinfected at least daily:

Cleaned and Sanitized:

- Sinks and sink faucets (except when used following toileting activities)
- Drinking fountains
- Play tables
- Pacifiers, labeled and reserved for individual use
- Smooth surfaced, non-porous floors. (Programs operating four or fewer hours per day may wash floors on a weekly basis provided that there are no infants or toddlers in the program. All spills or accidents must be cleaned up immediately.



Cleaned and Disinfected:

- Toilets and toilet seats
- Containers, including lids, used to hold soiled diapers
- Sinks and sink faucets used after toileting activities
- Water tables and water play equipment

The following items, equipment and surfaces be must be cleaned and sanitized at least weekly and before use by another child.

- Cribs, cots, mats and other approved sleeping equipment.

Sanitizing and Disinfecting Solutions

Recent research regarding the increasing incidence of asthma among children and adults indicates that bleach used as a sanitizing or disinfecting solution can be an asthma trigger. As currently used, non-bleach products could be safer than and just as effective as bleach-based products. For this reason, the Massachusetts Departments of Public Health and the Department of Early Education and Care recommend that, while bleach and water solutions are still allowed, programs begin using EPA Registered sanitizing and disinfecting products without bleach as soon as they become available for purchase. The EPA Registered products will be identified as sanitizing products or disinfecting products. Different products will likely be required for each purpose.

Sanitizing and Disinfecting with Bleach and Water

Programs using a self-made bleach solution must follow the guidelines in this policy in determining the appropriate concentration of bleach for each use. The recommendations below are for commercial bleach products with an 8.25% bleach concentration only. If you are using a different bleach concentration, different dilutions are required. The dilutions for bleach concentrations other than 8.25% are available in the Safe Cleaning and Products Fact Sheet on the EEC Website.

All bleach and water dilutions must be freshly mixed every 24 hours.

The recommended SANITIZING dilution for 8.25% bleach is:

- 2 teaspoons bleach to 1-Gallon cool water
- 1-teaspoon bleach to 1/2 Gallon cool water
- 1/2 teaspoon bleach to 1-Quart cool water
- 1/4 teaspoon bleach to 1-Pint cool water

The recommended DISINFECTING dilution for 8.25% bleach is:

- 1/2 cup bleach to 1-Gallon cool water
- 1/4 cup bleach to 1/2 Gallon cool water
- 2 Tablespoons bleach to 1-Quart cool water
- 1 Tablespoon bleach to 1 Pint cool water

Bleach solutions should be prepared daily to ensure their ability to safely sanitize or disinfect. When preparing sanitizing or disinfecting dilutions always *add bleach to water*. (This helps to avoid bleach splashes caused by adding water to bleach.) Use either the sanitizing or the disinfecting dilution as specified above.

Application of Sanitizing/Disinfecting Solutions



Sanitizing and Disinfecting solutions without bleach must be applied in accordance with manufacturer's recommendations. Sanitizing and Disinfecting solutions with bleach:

- Apply the bleach dilution after cleaning the surface
- It is recommended that bleach solutions be applied with a disposable cloth rinsed in the solution and discarded after each use, or with a non- disposable cloth that is laundered in hot water and dried after each use. Paper towels also may be used. For all methods of applying bleach solutions, surfaces should be visibly wet. Surfaces should be allowed to air dry.
- If using a spray bottle, adjust the setting to produce a heavy spray or stream instead of a fine mist when possible. The fine mist could contain particles of strong chemicals, which can cause asthma or allergy like symptoms.
- Allow for the contact time specified on the label of the bleach product.
- Apply when children are not present in the area and allow for fresh air ventilation when possible until bleach solution has dried.

Be Cautious about Using Commercial Disinfectants

Not all cleaning chemicals are safe and appropriate for use in a group childcare setting. Here are some cautions to be aware of:

- Products that meet the Environmental Protection Agency's (EPA) standards for "hospital grade" germicides (solutions that kill germs) often are promoted for use in childcare. However, **many of these products are dangerous and potentially even toxic to children.** It is important to read product labels carefully.
- **Do not use cleaning products that carry a DANGER or a CORROSIVE label warning in your childcare program.** Be cautious about commercial or industrial products that advertise themselves as "disinfectants," having "germicidal action," or being able to "kill germs." Often these products carry a warning label on the front of the container because they are toxic.
- Before using anything other than a bleach and water solution for disinfecting, check with your childcare nurse consultant or licensing agency to make sure it is acceptable for use in childcare. If you do decide to use an EPA-approved industrial product as a sanitizer, carefully read the label and **always follow the manufacturer's instructions exactly.**

Food Safety

Food safety is used as a scientific discipline describing handle, preparation, and storage of food in ways that prevent food-borne illness. The occurrence of two or more cases of a similar illnesses resulting from the ingestion of a common food is known as a food-borne disease outbreak.

What are the four basic rules of food safety?

Four basic food safety principles work together to reduce the risk of foodborne illness—Clean, Separate, Cook, and Chill. These **four** principles are the cornerstones of Fight BAC![®], a national **food safety** education campaign aimed at consumers.

Five Food Safety Rules in the Kitchen



- Rule 1: Wash hands between steps. ...
- Rule 2: Sanitize work surfaces. ...
- Rule 3: Use separate cutting boards for raw meats, vegetables and produce, and cooked foods. ...
- Rule 4: Cook foods to safe temperatures. ...
- Rule 5: Keep hot foods hot and cold foods cold. ...

Related Pages You May Enjoy.

 <https://www.household-management-101.com/food-safety-rules>

Food Safety in a Disaster or Emergency

Knowing how to determine if food is safe and how to keep food safe in an emergency will help minimize the potential loss of food and reduce the risk of foodborne illness. Find out how to keep food safe before, during, and after emergencies, such as floods, fires, natural disasters, or the loss of power.

Emergency Preparedness (USDA)

Food and Water Safety during Hurricanes, Power Outages, and Floods (FDA).

Food, Water, Sanitation, and Hygiene Information for Use Before and After a Disaster or Emergency (CDC).

Keep Food and Water Safe after a Disaster or Emergency (CDC).

Is food in the refrigerator safe during a power outage? Use this chart about refrigerator food safety during a power outage to find out.

Is thawed or partially thawed food in the freezer safe to eat? Use this chart about frozen food safety during a power outage as a guide.





FOOD SAFETY BEFORE, DURING AND AFTER A POWER OUTAGE

Know how to keep food safe before during and after emergencies. Hurricanes, tornadoes, winter weather and other events may cause power outages. Follow these tips to help minimize food loss and reduce your risk of foodborne illness.

BEFORE

PLAN AHEAD (IF YOU CAN) ...



Put appliance thermometers in your refrigerator and freezer.

Keep freezer **0°F** or below

Group foods together in the freezer to help food stay colder longer.



Refrigerator **40°F** or below

Freeze refrigerated items such as leftovers, milk, and fresh meat and poultry that you do not need immediately.

If you think power will be out for an extended period of time, buy **dry or block ice** to keep the fridge or freezer cold.



Store nonperishable foods on higher shelves to avoid flood water.

DURING

WHILE THE POWER IS OUT ...

Keep the refrigerator and freezer doors closed to maintain cold temperature.

IF DOORS STAY CLOSED ...

- ... a full freezer will hold its temperature for **48 HOURS** if half-full **24 HOURS**
- ... a fridge will keep food safe for **4 HOURS**

AFTER

ONCE THE POWER IS BACK ON ...

WHEN IN DOUBT, THROW IT OUT!

Check the temperature Inside of your refrigerator and freezer. If they're still at safe temperatures, your food should be fine. **Never taste food to determine its safety!**

WHAT CAN I KEEP?

The following foods are safe if held above 40 °F for more than 2 hours:

 Hard cheeses (Cheddar, Colby, Swiss, Parmesan, Provolone, Romano)	 Grated Parmesan, Romano, or combination (in can or jar)	 Butter or margarine	 Opened fruit juices	 Opened canned fruits	 Jelly, relish, taco sauce, mustard, ketchup, olives, pickles	 Worcestershire, soy, barbecue, and hot/salad dressings
 Peanut butter	 Opened vinegar-based dressings	 Bread, rolls, cakes, muffins, quick breads, tortillas	 Breakfast foods (waffles, pancakes, bagels)	 Fruit pies	 Fresh mushrooms, herbs, and spices	 Uncut raw vegetables and fruit

WHAT SHOULD I THROW OUT?

 Meat, poultry or seafood products	 Soft cheeses and shredded cheeses	 Milk, cream, yogurt, and other dairy products
 Opened baby formula	 Eggs and egg products	
 Dough, cooked pasta	 Cooked or cut produce	

REFREEZE FOOD THAT STILL CONTAINS ICE CRYSTALS OR IS AT 40°F OR BELOW.

FOLLOW THESE STEPS AFTER A FLOOD:

AFTER A FLOOD

- DO NOT EAT any food that may have touched flood water.
- DISCARD FOOD not in waterproof containers; screw-caps, snap lids, pull tops, and crimped tops are not waterproof.
- DISCARD cardboard juice/milk/baby formula boxes and home canned foods
- DISCARD any damaged cans that have swelling, leakage, punctures, holes, fractures, extensive deep rusting, or crushing/denting severe enough to prevent normal stacking or opening.

SANITIZE
1 tbsp. bleach + 1 gallon water

Pots, pans, dishes and utensils

Undamaged all-metal cans after removing labels



For more food safety tips, go to

FoodSafety.gov



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QUIZ

Provider Name _____ Provider Number _____

1. What are family childcare program EEC responsibilities?
 2. Give at least five (5) recommendations Department of Public Health (DPH) must be completed.
 3. All bleach and water dilutions must be freshly mixed every 24 hours.
 4. Describe the application of sanitizing/disinfecting with bleach:
 5. Sanitizing and disinfecting solutions without bleach must be applied in accordance with manufacture's recommendation:
 6. Please give definition of "Food Safety" _____
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7. What is the difference between cleaning, sanitizing, and disinfecting?

Clean _____

Sanitize _____

Disinfect _____

8. What are some cautions to be aware of using commercial disinfectants?

9. What is the recommended SANITIZING dilution for 8.25% bleach:

10. The recommended DISINFECTING dilution for 8.25% bleach is:

11. Recent research regarding the increasing incidence of asthma among children and adults indicates that bleach used as a sanitizing or disinfecting solution can be an asthma trigger.

12. What are the four (4) basic food safety principles?

13. What are the five (5) food safety rules in the kitchen? 1. 2 3

4

5

14. Is food in the refrigerator safe during a power outage? Use the chart included.

15. Is thawed or partially thawed food I the freezer safe to eat?