

Food Safety Practices

Check to see how well you are applying safe food handling practices.

KITCHEN	Yes	No	N/A
Do you check each day to see if the refrigerator is operating at 39°F or colder?			
Do you regularly clean all cooking surfaces, such as stoves, ovens, toasters, grills, and microwave ovens?			
Do you always clean and then sanitize food preparation surfaces after preparation is complete?			
Do you regularly clean areas where shelf-stable foods are stored?			
Do you change all cloth towels and dishcloths daily?			
Do you regularly wash the inside surfaces of your refrigerator?			
Do you routinely defrost and clean the inside of your freezer?			
Do you always air-dry sanitized utensils and equipment instead of drying them with a towel?			
FOOD HANDLING	Yes	No	N/A
Do you always wash your hands thoroughly using soap and water:			
• before, during, and after food preparation?			
• before and after wiping tables?			
• before setting tables?			
• before and after assisting children at meal times?			
Do you avoid preparing or handling food when you are sick?			
Do you wash your hands after you change diapers?			
Do you wash your hands after you take children to the toilet?			
Do you always use a separate cutting board to prepare meat, fish, and poultry?			

Do you avoid letting the temperature of hot food fall below 140°F?			
Do you avoid letting cooked food cool down first before placing it in the refrigerator?			
FOOD HANDLING AND STORAGE			
	Yes	No	N/A
Do you thaw all frozen food in the refrigerator or microwave oven?			
Do you always store food that has been removed from its original packaging in a covered container?			
Do you store raw food below cooked food in the refrigerator?			
Do you always store children's lunches brought from home that contain potential hazardous foods in a refrigerator?			

INFANT AND TODDLER PRACTICES			
	Yes	No	N/A
Do you always sterilize infant bottles before use?			
Do you sterilize all equipment that is needed for preparing infant formula?			
Do you always check the expiration dates on cans of infant formula?			
Do you wash the tops of the formula cans before the formula is used?			
Do you always cover and refrigerate formula after it has been prepared?			
Do you always use a formula that has been made from a powdered formula within 24 hours?			
Do you always check the temperature of milk after it has been heated (not in the microwave oven)?			
Do you always discard partially consumed milk in bottles?			
Do you remove baby food from jars and serve in dishes for infants?			

Do you always date and refrigerate remaining food in the baby food jar?			
Do you always discard baby food if not eaten within 36 hours of the date it was opened?			
Do you store breast milk in the refrigerator for no more than 48 hours, or in the freezer for no longer than 3 months?			
Do you defrost breast milk in the refrigerator or under cool running water?			
Do you never refreeze or reheat breast milk?			
Do you ask mothers to supply breast milk in small quantities to prevent waste?			
CHILDREN'S EATING EXPERIENCES			
	Yes	No	N/A
Do children wash their hands before meals and snacks?			
Do children avoid handling food unnecessarily when serving themselves?			
Do you always discard uneaten portions of food that are on a plate?			
Do you avoid letting children share food, cups, plates, or utensils?			

Adapted from: Appleton, Julie. 2001. *Do Carrots Make You See Better?: A Guide to Food and Nutrition in Early Childhood Programs*. Castle Hill, New South Wales, Australia: Gryphon House, Inc. pp. 151-153.