

GUIDELINES FOR FOOD HANDLING WITH CHILDREN

- Staff assisting children with food preparation/handling shall be knowledgeable of food safety practices. Therefore, it is highly recommended that they obtain their safe food handling certification before participating.
- All children/staff are to be clean and wear clean outer garments.
- Hair is to be confined when preparing/handling food.
- If the food handling is occurring outside of the kitchen (e.g. at a lunch table within a program room) the surface being utilized must be appropriately cleaned and sanitized with a sanitizer approved for use within the kitchen.
- Children/staff must wash their hands immediately before starting to handle food. Handwashing may need to occur frequently while food handling if the hands become contaminated in any way (e.g. blowing their nose, touching hair/face or other parts of the body etc.) Staff must supervise children handwashing to ensure that proper hand washing technique is being followed.
- Only small groups are to participate in food preparation/handling. This practice will allow staff to monitor food preparation/handling and to ensure that proper handwashing is taking place when required.
- Do not allow finger dipping into food or licking of fingers for any reason.
- To maintain a safe environment ensure the foods being prepared and the utensils being used are appropriate for the age of the child.
- If the foods being prepared will be consumed by all of the children attending the childcare facility, only low risk foods that require further processing (e.g. cooked/baked) are to be prepared (e.g. fruit for muffins, vegetables for soups/stews, toppings for pizza etc.)
- Children can continue to prepare small batches of ready to eat foods for their own consumption (e.g. sandwiches, fruit for yogurt, salads etc.)
- Any child/staff member must be free from any infectious agent or symptoms of illness while preparing/handling food.
- If an gastrointestinal (enteric) outbreak is declared, all food handling practices performed by anyone other than the designated cook must be discontinued until such time as the outbreak is declared over.

For further information contact your Public Health Inspector
at 625-5930 or toll free 1-888-294-6630 ext. 5930.

Reviewed June 2022