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PRESCHOOL NUTRITION NEWS

CalFresh Healthy Living, University of California

FOOD SAFETY TIPS FOR PRESCHOOLERS



eeping preschoolers safe is the number one priority for families and caregivers. As we all get busy, sometimes it is nice to have a reminder about keeping food safe for children, especially when they are headed to school. Share these simple tips with children, parents, and families as a reminder to keep food safe and clean.

- 1. **Develop a healthy habit for life.** Encourage handwashing
 after using the bathroom,
 before and after eating, after
 playing with pets, or whenever
 hands are dirty. Preschoolers
 are less likely to get sick, if they
 wash their hands often.
- 2. Make handwashing fun!
 Sing "Twinkle, Twinkle, Little
 Star" or the "Alphabet" song or
 count for 20 seconds each time
 to make sure your child is
 washing long enough. Have
 them pick out a favorite soap to
 keep them interested.
- Send a safe, healthy lunch.
 Keep foods cold by adding a frozen juice box or small ice pack to an insulated lunch box.

- 4. **Keep hot lunches hot.** Use an insulated thermos to keep foods like soup warm until lunchtime. Fill your thermos with boiling water and let stand for a few minutes. Then empty the water and fill with piping hot food.
- Safe snacking. Many hands touching snacks can result in the spread of germs. Divide snacks up into small bags. Rinse fruits and vegetables before slicing and serving them as snacks.
- Stay clean. Young children can easily get sick because their immune systems are not fully developed. Keep food and surfaces clean.

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More Resources

Visit our website: http://ceplacer.ucanr.edu

You can email a UC CalFresh representative with any questions or information needs. Also, please feel free to share any tips or suggestions you might have with other teachers!

FOOD SAFETY CONCERNS FOR CHILDREN UNDER FIVE

hildren under the age of five are at an increased risk for foodborne illness and related health complications because their immune systems are still developing. Young children with developing immune systems cannot fight off infections as well as adults can. Additionally, young children produce less stomach acid that kills harmful bacteria, making it easier for them to get sick.

Foodborne illness or food poisoning can be particularly dangerous for young children because with food poisoning often comes diarrhea. Since children's bodies are small, they can quickly lose a lot of body fluid causing dehydration. Other symptoms of foodborne illness include nausea, vomiting, stomach pain and cramps, and fever and chills.

According to the Centers for Disease Control and Prevention (CDC), children younger than five have the highest incidence rates of any age group of <u>Campylobacter</u>, <u>Cryptosporidium</u>, <u>E.Coli 0157</u>, <u>E. Coli non-0157</u>, <u>Salmonella</u>, <u>Shigella</u>, and <u>Yersinia</u> infection.

Food safety is particularly important for young children and is tightly linked to the food safety behaviors of their parents and caregivers.



FOOD SAFETY TIPS FOR PRESCHOOLERS (CONTINUED)

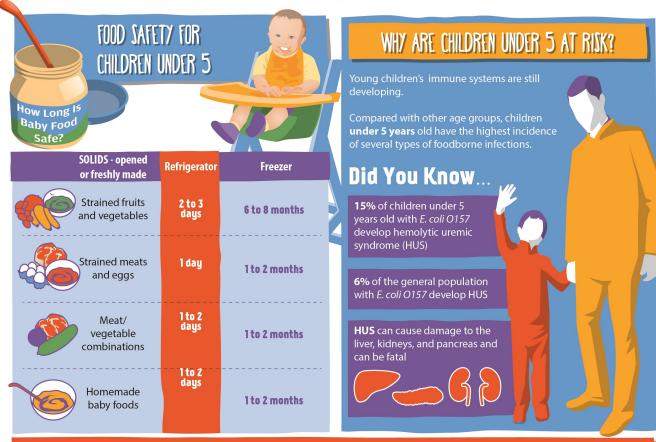
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- 7. Some foods are hard to swallow. Avoid foods that are hard to swallow or cut them into small pieces, about 1/2 inch. Hard-to-swallow foods can include peanuts, popcorn, round slices of hot dog, hard candy, whole grapes, and cherry tomatoes.
- 8. Watch how they eat. To prevent choking, have your preschoolers sit down when they eat. Avoid letting them run, walk, play, or lie down with food in their mouth.
- Seafood for preschoolers. Omega-3 fats in fish and shellfish have important health benefits for young children. But be aware of chemicals, such as mercury. Choices that are often lower in mercury include salmon, sardines, tilapia, trout, pollock, and catfish.

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FOOD SAFETYfor Children Under 5

Learn the food safety steps that will keep young children under 5 safe from foodborne illness.



HIGH-RISK FOODS FOR CHILDREN UNDER 5



foods including meat, poultry, and eggs

Unpasteurized









Clean: Wash hands and surfaces often.



Separate: Keep raw meat and poultry separate from ready-to-eat foods.



Cook: Cook foods to the proper internal



Chill:
Get leftovers
to the fridge
within 2 hours
of being cooked.









ADDITIONAL SOURCE: CDC

University of California Cooperative Extension

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Happy Healthy Me...Moving, Munching & Reading Around MyPlate for 4- to 6-Year-Olds

Combines stories and literacy with nutrition education for Preschool and Pre-Kindergarten.

Go Glow Grow

A preschool curriculum that teaches about healthy foods and what they do for the body.

CINDY FAKE **County Director**

UCCE Placer and Nevada

ROSEMARY CARTER Program Manager

CalFresh Healthy Living, UC

Parent Workshops

Fun, interactive parent workshops are available. Please call for more information.

MICHELE FISCH **Nutrition Educator**

CalFresh Healthy Living, UC

This material is funded through a joint agreement among the USDA/FNS, CDSS CalFresh Healthy Living Section, UC Davis and the UC Cooperative Extension (UCCE). These institutions are equal opportunity providers and employers. CalFresh Food provides assistance to low-income households and can help buy nutritious foods for better health. For information, call 1-877-847-3663.

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