



Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson 8

Keep your child safe

Young children are at an increased risk of getting sick from foodborne illness, also called food poisoning. Bacteria grow quickly if food is not handled properly, especially if not kept at the right temperature. See the "Danger Zone" in this newsletter.

Wash hands, check the "sell by" date



- Wash hands with soap and running water for 20 seconds. Wash between fingers, under nails and up to the wrists.
- Wash cutting boards with hot water and soap. Sanitize the cutting board (kill bacteria) with the following: 1 tablespoon of bleach to 1 gallon of water. This sanitizing mixture can be used to sanitize kitchen surfaces, too.
- When shopping, check food packages to make sure the "sell by" date hasn't passed. This is the last date that a store should sell a product.



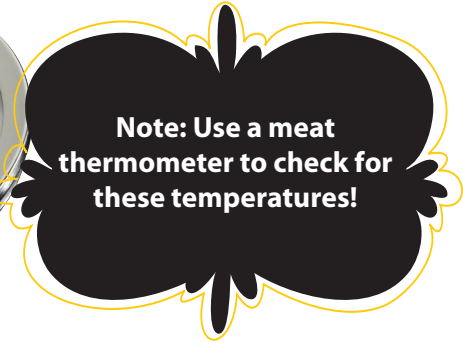
Leftovers: Handle them right!

- Put leftovers in the refrigerator right away.
- Use shallow containers for quick cooling.
- *Using taste to see if old leftovers are safe to eat?* Foods may taste and smell OK, but not be safe to eat if they are old leftovers. All leftovers should be used or frozen within 3–4 days.

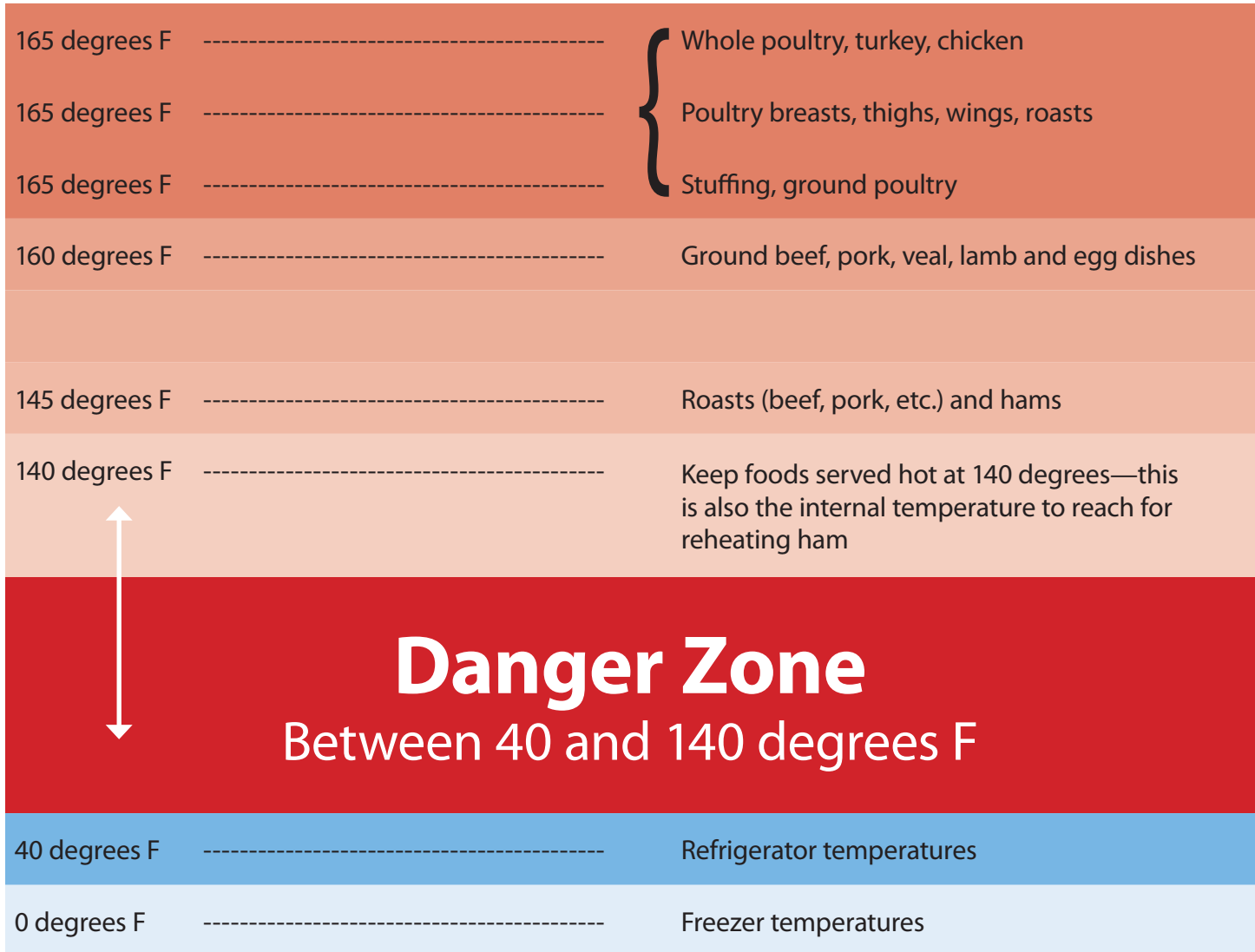


Danger Zone!

Bacteria multiply rapidly between 40 and 140 degrees F — this is called the Danger Zone. Above 160 degrees F, heat destroys most bacteria. Refrigerating foods below 40 degrees F slows their growth. Freezing stops bacterial growth, but it doesn't kill bacteria. Never leave food in the Danger Zone for more than two hours or more than one hour when temperatures are above 90 degrees F.



Cook eggs until yolks and whites are firm.



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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance