

Teacher Reproducible

Note: Print and then display in visible locations, like over the sink or washing area, and in food preparation and gardening areas. All adults and children harvesting, preparing, or eating food must follow these steps.

IMPORTANT FOOD SAFETY STEPS!

It is important that you follow these steps to keep yourself, your students, and any parents or volunteers safe and healthy.

Hand Washing: All persons participating in the food preparation activity (teachers, students, volunteers, parents) should wash hands before and after preparing, handling, or sampling foods.

Hands should be washed using soap and warm water, scrubbed and lathered for 20 seconds, rinsed under running water, and dried using a clean paper towel. Alcohol-based, rinse-free sanitizers should be used when hand washing with soap is not possible.

Surfaces: Surfaces, such as tables, countertops, sinks, utensils, cutting boards, and appliances, should be washed with hot, soapy water. Wipe up spills immediately. Appliances such as microwaves should be cleaned frequently.

Fruits and Vegetables: Produce, regardless of whether it was grown or purchased, must be rinsed thoroughly (even if you plan to peel or cut the produce before eating). Rinse fresh fruits and vegetables under running water just before eating, cutting, or cooking. Do not use soap or detergent. Many precut/prepackaged items, like lettuce or baby carrots, are labeled as prewashed and ready-to-eat. These products may be eaten without further rinsing.

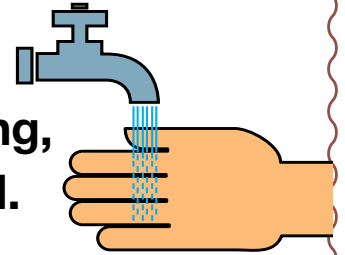


Teacher Reproducible

Note: Print and display the following near garden and washing areas for children.

HAND WASHING

There's a proper way to wash your hands. Follow these steps before and after harvesting, and *always* before handling and eating food.



- 1.** Wet your hands with warm, running water.
- 2.** Apply soap.
- 3.** Rub hands together to make a lather. Scrub the backs of hands, between fingers, and under nails.
- 4.** Continue rubbing hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- 5.** Rinse well under warm, running water.
- 6.** Dry your hands with a clean towel or an air dryer.

