



Child Care Health Outreach

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Health and Safety Information for Child Care

February 2018



**SNOHOMISH
HEALTH DISTRICT**
WWW.SNOHD.ORG

Call or Email Us!

Main phone line
425.339.5250

Main email address
childcarehealth@snohd.org

Public Health Nurse
Bonnie Decker
bdecker@snohd.org

Environmental Health Specialists
Micha Horn
mhorn@snohd.org

Behavioral Health Specialist
Jann Finley
jfinley@snohd.org

Registered Dietitian, Nutritionist
Katy Levenhagen
klevenhagen@snohd.org

Healthy Communities Specialist
Carrie Parker
cparker@snohd.org

Child Care Health Outreach Program

3020 Rucker Avenue, Suite 104
Everett, WA 98201
425.339.5250
www.snohd.org

Feed them Fresh Fruits and Veggies

Nutrition guidelines recommend that children eat 5 servings of fruits and vegetables every day. The new rules for serving these foods in child care are meant to increase servings of these foods. For lunch or dinner you must serve one fruit and one vegetable or serve 2 different vegetables. It is good to serve a fruit or vegetable at snack time also. Did you know that children eat about 1.8 servings of fruit a day and only .75 serving of vegetables?...YES...less than one serving a day!

Children are falling short when it comes to meeting the 5-A-Day goal. While fruit provides great sources of fiber, Vit. C, Vit A and many antioxidants, vegetables offer more fiber, additional vitamins and many more minerals than fruit and can be served in many tasty ways.



These days, fresh vegetables are easier than ever to serve. Bags of different types of greens can be purchased in any grocery store along with precut carrots, snow peas, broccoli, cabbage and sweet peppers. When it seems the menu keeps repeating apples, oranges, and bananas, check out the frozen fruit section for berries, chopped mango, peaches, and tropical fruit mixes. Buy products with no added sugar.

- Make [berry](#) and [peach](#) smoothies for breakfast.
- Rinse precut veggies well under running water and then serve raw with [home-made ranch dressing](#) for a snack.
- Toss shredded carrots, chopped snow peas and sliced red peppers in Ramen noodles for a quick [Chow Mein](#)
- Microwave a bowl of broccoli and add shredded cheese just before serving for lunch.
- Try [sweet potato fries](#) and serve with a [curry-yogurt dressing](#) for snack.
- Even the new version of soybean, edamame, can be purchased in ready to eat packages! Try [crisp, roasted edamame](#) for a snack!
- Since children gravitate towards fruit, mix fruit and vegetables together for colorful combinations such as adding chopped apples or pears to a bag of ready to eat spinach for a new twist on salad or making a [mango, kiwi, pepper salsa](#) and serve with cheese and bean Quesadillas.
- For a new frozen treat, try [green popsicles](#) sweetened with bananas and coconut milk!

Click on the links above for recipes. For more ideas and resources or to have our nutritionist review your child care menu, contact Katy Levenhagen at klevenhagen@snohd.org.

Wash It Well - Produce Washing Guidance

As important as it is to ensure that children have healthy and balanced meals throughout the day, it is equally important to follow safe food handling practices to avoid any foodborne illness. Fruits and vegetables are now considered two separate food groups under the new CACFP guidelines. You might find yourself preparing more produce for meals these days.

If you are serving fruits and vegetables at your facility it is important to properly wash them before cutting or serving them. The Food and Drug Administration (FDA) has these recommendations for proper washing of produce.

1. Wash your hands with warm water and soap in your designated handwashing sink before preparing fresh produce. Centers should have a handsink separate from the food preparation sink. If you are a home provider or a program without a separate handwashing sink, make sure you clean and sanitize the sink after handwashing and before using it for produce washing.
2. Cut away any damaged or bruised areas before preparing or eating.
3. Gently rub produce while holding it under plain running water; there is no need for soap or produce wash. Wash all produce, even if you aren't planning on eating the skin. This will prevent bacteria from transferring from the outside skin into the fruit or vegetable when cutting the produce.

Unless you have a separate designated food prep sink, clean and sanitize the compartment of your sink in which you will be washing produce prior to any food preparation, including the rinsing of produce. Use a colander so that the food never touches the bottom of the sink.



4. Use a clean produce brush for foods with rough surfaces such as cantaloupe and cucumbers.
5. Dry produce with a clean paper towel to further reduce bacteria.
6. Throw away the outermost leaves of a head of lettuce or cabbage.
7. Don't forget that these foods are **ready-to-eat**, which means there will be no heat step to kill any harmful bacteria before these foods are consumed. So it is extremely important to avoid bare hand contact. Use gloves when cutting produce, and keep a separate cutting board to use exclusively for produce.
8. Once your fruits and vegetables are cut, you can serve them with tongs, scoops or gloves. If your produce will not be used immediately, store all cut or peeled produce in a refrigerator at 41°F or below. Store in a refrigerator on top shelf or away from any raw meats.



When preparing produce or any other foods remember to change your gloves often and wash your hands in between changing gloves. If you are not feeling well, stay home.



Menu Planning in Action

Practice some cooking in the kitchen while learning to make healthy foods that meet the updated CACFP guidelines.

Sign up soon. Space is limited.

Register at childcareclass@snohd.org

Saturday, February 3, 2018 from 10:00am to 12:30pm at Verdant Health, 4710 196th St SW, Lynnwood

Free STARS Credits!

STARS Classes

Health and Safety Classes for Child Care Providers

Visit Our Website to Access Classes!

Snohomish Health District is now posting class materials to our website when they become available. You no longer need to pre-register for classes and classes are no longer being emailed out.

To access the current class, visit our website at:

<http://www.snohd.org/Children-Family/Child-Care-Providers/Training-for-Child-Care>

Snohomish Health District provides distance learning classes for Snohomish County child care providers on a variety of topics. These STARS-approved classes are being offered at **NO COST**. They are designed to take about 2 hours to complete. You have until the end of the current month to complete and return the test and evaluation (either via email or US mail). Once your test has been reviewed, you will receive a certificate via email. STARS credit will be entered into MERIT. Further detailed instructions will be included with the course materials.

NOTES: Due to staffing and time constraints, tests and assignments will be processed for providers who either *live or work* in SNOHOMISH COUNTY ONLY. Thank you for your understanding.

Upcoming STARS Classes:

Month	Course Description	To take this class:
February <i>Distance Learning</i>	Preventing Foodborne Illness in Child Care Settings <i>Children are highly susceptible to foodborne illness. Go beyond the basic food worker card class and learn more about preparing food safety in a child care setting.</i>	Available for download at www.snohd.org starting in February
Feb. 3rd 10am-12:30pm <i>In-person class</i>	Menu Planning in Action <i>Practice some cooking in the kitchen while learning to make healthy foods that meet the updated CACFP guidelines. Class will be held at Verdant Health in Lynnwood. Sign up soon, because space is limited.</i>	Send an email to: childcareclass@snohd.org
March <i>Distance Learning</i>	Staph Infections including MRSA <i>Learn about Staphylococcus aureus infections, and MRSA, including what it is, how it is spread, and how infections in child care environments can be reduced.</i>	Available for download at www.snohd.org starting in March
March <i>Distance Learning</i>	Promoting Health by Reducing Screen Time <i>Get the latest information on best practices surrounding screen time for young children and learn how to draw up a screen time policy for your child care facility.</i>	Available for download at www.snohd.org starting in March
April <i>Distance Learning</i>	Preventing Reportable Illness <i>Do you know which diseases are reportable to the health department? Class topics covered include how disease is transmitted, ways to prevent and control the spread of disease, and information on the most common reportable diseases.</i>	Available for download at www.snohd.org starting in April



Call or Email Us!

425.339.5250

For general questions, please email us at:

childcarehealth@snohd.org

To submit class materials or register for in-person trainings, please email us at:

childcareclass@snohd.org



We are available by phone or email, or can visit your child care. We can help with:

- Disease Control
 - Child Behavior Issues
 - Menu and Nutrition Consults
 - Illness Prevention Tips
 - Safe Food Preparation
 - Cleaning and Sanitizing
 - Handwashing Practices
- and much more!

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