



### Food Safety at Home

As the holiday season begins, take some time to review these food safety tips from the U.S. Food and Drug Administration (FDA).

**CLEAN** - Always wash your food, hands, counters, and cooking tools. Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food. Wash your cutting boards, dishes, forks, spoons, knives, and countertops with hot soapy water. Do this after working with each food item. Rinse fruits and veggies. Clean the lids on canned goods before opening.

**SEPERATE** (keep apart) - Keep raw foods to themselves. Germs can spread from one food to another. Keep raw meat, poultry, seafoods, and eggs away from other foods. Do this in your shopping cart, bags, and fridge. Do not reuse marinades used on raw food unless you bring them to a boil first. Use a special cutting board or plate for raw food only.

**COOK** - Foods need to get hot and stay hot. Heat kills germs. Cook to safe temperatures:

- beef, pork, lamb 145 °F
- fish 145 °F
- ground beef, pork, lamb 160 °F.
- turkey, chicken, duck 165 °F.



Use a food thermometer to make sure that food is done. You can't always tell by looking.

**CHILL** - Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside. Never thaw food by simply taking it out of the fridge. Thaw foods in the fridge, under cold water, or in the microwave. Marinate foods in the fridge.

Credit: <https://www.fda.gov/media/120100/download>

### Lactose-Free Milk

Lactose-free and lactose-reduced milks qualify on the food program without a special diet statement or parent request letter.

Children who cannot digest lactose (milk sugar) may benefit from the use of lactose-free or lactose-reduced milk.

Remember, children 1 year of age must be served unflavored whole milk. Children 2 years through 5 years of age must be served only unflavored skim or 1% milk. Skim and 1% unflavored and flavored milks are creditable for children 6 years and older.

### Roasted Sweet Potato Hash

- Nonstick cooking spray
- 1 tsp. ground cinnamon
- 2 tsp. canola oil
- 2 Tbsp. orange juice, 100%
- ¼ tsp. salt
- 4 cups sweet potatoes, fresh, peeled ½" cubed



Wash hands with soap and water for at least 20 seconds. Preheat oven to 400 °F. Gently wash sweet potatoes under running water before cutting/peeling. In a small bowl, combine cinnamon, oil, orange juice, and salt. Whisk to mix. Add sweet potatoes to cinnamon-orange mixture. Toss to combine. Spray a baking sheet with nonstick cooking spray and place sweet potatoes in a single layer (uncrowded) on a baking sheet. Roast for 20 minutes. Heat to 140 °F or higher for at least 15 seconds. Remove from the oven and let rest for 2-3 minutes. Serve immediately or keep warm at 140 °F or higher.

**Yield:** 12 servings (¼ cup per serving)

**Crediting Information:** Each serving provides a vegetable (¼ cup) at lunch/supper for children 3-5 years.

Credit: <https://theicn.org/cnrb/ages-3-5/age-3-5-6-servings/roasted-sweet-potato-hash-usda-recipe-for-family-child-care-centers/>



*Have a safe and  
happy  
Thanksgiving!*