

CHILD  
AND

ADULT  
CARE



FOOD  
PROGRAM

## CACFP NEWSLETTER

### Delaware Parents Association, Inc.

February 2011

### We Need Your Email



Ex: [suzyq@delparents.org](mailto:suzyq@delparents.org)

Please send us your email address so that you can receive your monthly claim cover sheet electronically.

For those person (s) without a computer, please notify the office staff so that other arrangements can be made to ensure you receive your monthly claim cover sheet.

And as always, please refer to our web site to be aware of any new information that may be of importance.



### MANDATORY "NEMOURS" TRAINING

#### FREE Training

For Delaware Child Care Professionals on Delaware CACFP Nutrition Guidelines

**\*Mandatory for centers and daycare homes participating in CACFP!**

**Each center/home is limited to two participants.**

Open to child care center directors/administrators, teachers, assistants, cooks/foodservice personnel, and family daycare home providers.

**Priority will be given to CACFP participants. Trainings will open to non-CACFP centers and homes two weeks before each training.**

All trainings will take place from **8:30am to 4:00pm**. Breakfast and lunch will be served. Participants will receive **6.5 credit hours** of continuing professional education to count toward annual licensing requirements.

All participants will receive a guide to DE CACFP & Delaware rules on nutrition, physical activity and screen time including:

**Don't Forget To Register!**

# Recipe of the Month



## Ingredients

hot-dog  
piece of uncooked linguini  
cheese

## Instructions

1. Cut the ends from a hot-dog at a diagonal and place and place the cut edges together as shown.
2. Spear the heart with a length of uncooked linguini.
3. Add pieces of cheese trimmed to resemble the ends of an arrow.

## Staff Emails

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## Proper Food Handling, Food Safety, and Sanitation Practices

### Hand Washing

**When to Wash:** Food employees must wash their hands and exposed portions of the arms after touching bare human body parts, using the toilet room, handling animals, coughing/sneezing, using a handkerchief, using tobacco,



eating/drinking, handling soiled equipment/utensils, as often as necessary to prevent cross-contamination, when switching between raw and ready-to-eat food, and after engaging in other activities that contaminate the hands.

**How to Wash:** Food employees shall clean their hands and exposed portions of the arms in a properly equipped hand washing facility by vigorously rubbing together the surfaces of the lathered hands and arms and thoroughly rinsing with clean water. Employees shall pay particular attention to the areas underneath the fingernails and between the fingers.

### Temperatures

**Hot Holding:** Potentially hazardous food must be maintained at 140° F or higher.

**Cold Holding:** Potentially hazardous food must be maintained at 41° F or below.

**Cooking:**

- 165° F for 15 seconds – poultry; stuffing containing fish, meat, or poultry; stuffed fish, meat, pasta or poultry.
- 155° F for 15 seconds – comminuted fish, meat, pooled raw eggs.
- 145° F for 15 seconds – raw shell eggs that are broken and prepared in response to a consumers order and for immediate service, fish, meat and pork.
- See section 3-401.11 (B) of the 1999 Food Code for cooking whole beef roasts, corned beef roasts, pork roasts, and cured pork roasts, such as ham.



**Thawing:** Potentially hazardous food shall be thawed either under refrigeration that maintains the food temperature at 41° F or less; completely submerged under running water having a temperature of 70° F or below; or as part of a cooking process.

**Cooling:** Cooked potentially hazardous food shall be cooled from 140° F to 70° F within two hours or less; and from 70° F to 41° F within four hours or less.

**Reheating for Hot Holding:** Potentially hazardous food that is cooked, cooled, and reheated for hot holding shall be reheated so that all parts of the food reach a temperature of at least 165° F for 15 seconds within two hours.

**Date Marking:** Ready-to-eat potentially hazardous food that is held refrigerated for more than 24 hours must be clearly marked at the time of preparation to indicate the date by which the food shall be consumed which is seven calendar days or less from the day the food is prepared.



### **No Bare Hand Contact with Ready-To-Eat Food**

Food employees may not contact exposed ready-to-eat food with their bare hands. Suitable utensils, such as deli paper, spatulas, tongs, dispensing equipment, or gloves shall be used.



**Wiping Cloths:** Wet wiping cloths that are in use for wiping food spills from food contact and nonfood contact surfaces of equipment shall be stored in a clean chlorine sanitizing solution at a concentration of 100 mg/l. Dry wiping cloths may be



used to wipe food spills from tableware and carryout containers. All wiping cloths shall be free of food debris and visible soil, and shall be used for no other purpose..

### **Food and Utensil Storage & Handling**

**Thermometers:** A thermocouple or metal stem thermometer shall be provided to check internal temperatures of potentially hazardous hot and cold food items.

Food temperature measuring devices shall be accurate to +/- 2° F, and should have a range of 0° F to 220° F.

**Cross-Contamination:** Food shall be protected from cross-contamination by separating raw animal foods from ready-to-eat foods during storage, preparation, holding, and display. Equipment and utensils (including knives, cutting boards, and food storage containers) must be thoroughly cleaned and sanitized after being used for raw animal foods and before being used for ready-to-eat food.

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