

Food Service from A to Z

Slide #1 Welcome

Welcome to this course titled, ***“Food Service from A to Z”***.

This course is developed as part of the Washington State Department of Children, Youth, and Families (DCYF) alignment process, to prepare providers and licensors in their understanding of the “why”, the “what” and the “how” of complying with the updated Foundational Quality Standards for Early Learning Programs (referred to in each course as the Foundational Quality Standards).

Slide #2 Helpful Hints

WA DCYF is pleased to present this e-Learning course! To help provide a positive learning experience for you, please take a moment to review the following “Helpful Hints” summary, detailing what you can expect from this course. A complete listing of Helpful Hints has been added to the Resources section of your learner’s screen for reference.

- If you would like to access and review the full course text, please visit the Resources section of your learner’s screen. You can view, print, or download a full version of the course text that is narrated within each module. The full text will be included in each course and listed as the first resource in the Resources section of your course frame.
- The time to complete the course will depend on the course topic and the pace at which you advance through the slides.
- To help you get the most out of the course, settings are in place to prevent users from skipping ahead through the slides. You can advance through the course when the narration for each slide concludes by selecting the “Next” button, or, go back to review material already presented by selecting the “Previous” button.
- Web links and additional resources will be utilized in some of the courses to enhance your learning experience. We hope you will take time to explore them to further develop your knowledge about the topics being presented.

Slide #3 Introduction

This course is designed to introduce you to the updated Washington Administrative Code or WAC, as well as outline strategies and examples of WAC compliance. Updated WACs will be detailed in each course as a reference and a full listing of the WAC is included in the Resources section of your learner’s screen. You can print or download this resource at any time, either as a reference while you complete this course, or as a resource after the course is completed.

Slide #4 Learning Outcomes

This course will help early learning professionals understand how to meet, assess for, and demonstrate ongoing compliance with the Foundational Quality Standards.

Upon completion of this course, participants will:

- Understand food safety practices for storing, preparing, and serving food
- Identify proper hand washing practices
- Select methods for reducing the risk and spread of foodborne illnesses in an early learning program setting

Slide #5 Guiding Principles

As we cover the material in this course, please keep in mind the following Guiding Principles. We will revisit these at the end of the course to “check in” with you and give you an opportunity to assess your understanding and application of the course content.

Guiding Principles:

- Children are more vulnerable to foodborne illnesses than adults.
- Storing, preparing, and serving food in accordance with food safety practices reduces the risk of contamination and foodborne illnesses.
- Cleaning and sanitation of food preparation areas and materials are necessary to maintain a healthy environment.
- Proper hand washing practices protect against the spread of germs and illness.

Slide #6 Terms and Definitions

Take a moment to review and familiarize yourself with the following terms and definitions. For your reference, a listing of these terms has been added to the Resources section of your learner’s screen. You can access the list at any time by visiting the Resources section of your learner’s screen. You can download the file to keep as a future reference or print as a desk guide.

Active supervision or **actively supervise** means a heightened standard of care beyond supervision. This standard requires an early learning provider to see and hear the children they are responsible for during higher risk activities. The provider must be able to prevent or instantly respond to unsafe or harmful events.

Center early learning program is a facility providing regularly scheduled care for a group of children birth through twelve years of age for periods of less than twenty-four hours a day, pursuant to RCW [43.216.010](#) (1)(a) (child day care center).

Clean or **cleaning** means to remove dirt and debris from a surface by scrubbing and washing with a detergent solution and rinsing with water. This process must be accomplished before sanitizing or disinfecting a surface.

Cultural or **culturally** means in a way that relates to the ideas, customs, and social behavior of different societies.

Disinfect means to eliminate virtually all germs from an inanimate surface by the process of cleaning and rinsing, followed by:

- (a) A chlorine bleach and water solution following the manufacturer's instructions; or
- (b) Other disinfectant products registered with the EPA, if used strictly according to the manufacturer's label instructions including, but not limited to, quantity, time the product must be left in place, adequate time to allow the product to dry or rinsing if applicable, and appropriateness for use on the surface to be disinfected. Any disinfectant used on food contact surfaces or toys must be labeled "safe for food contact surfaces."

Early learning professionals are all early learning providers, child care licensing staff, and other professionals in the early learning field.

Family home early learning program means an early learning program licensed by the department where a family home licensee provides child care or education services for twelve or fewer children in the family living quarters where the licensee resides as provided in RCW 43.216.010 (1)(c) (family day care provider).

Food worker card means a food and beverage service worker's permit as required under chapter 69.06 RCW.

RCW means Revised Code of Washington.

Sanitize means to reduce the number of microorganisms on a surface by the process of:

- (a) Cleaning and rinsing with water at a high temperature pursuant to this chapter; or
- (b) Cleaning and rinsing, followed by using:
 - (i) A chlorine bleach and water solution following the manufacturer's instructions; or
 - (ii) Other sanitizer product if it is registered with the EPA and used strictly according to manufacturer's label instructions including, but not limited to, quantity used, time the product must be left in place, adequate time to allow the product to dry, and appropriateness for use on the surface to be sanitized. If used on food contact surfaces or toys, a sanitizer product must be labeled as "safe for food contact surfaces".

WAC means Washington Administrative Code.

Slide #7 Course Introduction

Every year, 1 in 6 Americans gets a foodborne illness after consuming contaminated food or beverages¹. Foodborne illnesses are caused by more than 250 different disease-causing germs², including Salmonella, Norovirus, Listeria, or E. coli. While symptoms of foodborne illnesses range from mild to life-threatening, children under the age of five years old are more vulnerable to the effects of foodborne illness as their immune system is still developing. In fact, children under the age of five years old are three times more likely to be hospitalized from a Salmonella infection than adults³.

Foodborne illnesses, however, can be prevented. By consistently following food safety practices, early learning professionals can protect themselves and children in care from foodborne illness.

Slide #8 Course Introduction

Caring for Our Children states the possibility of a foodborne illness outbreak is greater in child care settings than in most households⁴.

This learning module will examine the portion of the Foundational Quality Standards designed to reduce the spread of foodborne illness. This is accomplished through appropriate food storage, preparation, and serving practices in the early learning program setting. These regulations are found in the “Environment” section of the Foundational Quality Standards, in the subsection called “Food and Nutrition”.

The following WAC sections will be reviewed in this module:

- WAC 110-300-0195 Food service, equipment, and practices
- WAC 110-300-0196 Food sources
- WAC 110-300-0197 Safe food practices
- WAC 110-300-0198 Food preparation areas

Slide #9 WAC 110-300-0195

“Safe handling of all food is a basic principle to prevent and reduce food borne illnesses,” states Caring for Our Children in Standard 4.9.0.3. In alignment with this Standard, WAC 110-300-0195 begins:

¹ Fight Bac! Partnership for Food Safety Education. (N.D.). *Food Poisoning*. Retrieved from <http://www.fightbac.org/food-poisoning/>

² Centers for Disease Control and Prevention. (February 2018). *Foodborne Illnesses and Germs*. Retrieved from <https://www.cdc.gov/foodsafety/foodborne-germs.html>

³ Centers for Disease Control and Prevention. (January 2019). *People with a Higher Risk of Food Poisoning*. Retrieved from <https://www.cdc.gov/foodsafety/people-at-risk-food-poisoning.html>

⁴ American Academy of Pediatrics; American Public Health Association. (2011). *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs*. Retrieved from <http://nrcki.ds.org>, Standard 4.9.0.2.

WAC 110-300-0195 Food service, equipment, and practices.

(1) An early learning provider preparing or serving food must comply with the current department of health *Washington State Food and Beverage Workers' Manual* and supervise services that prepare or deliver food to the early learning program.

The preparation and serving guidelines contained in the Washington State Food and Beverage Workers' Manual are the minimum standards for food safety. These standards are based on scientific research that "demonstrates the conditions required to prevent contamination of food with infectious or toxic substances that cause food borne illness⁵."

The guidelines in the Food Workers' Manual cover not only how to prevent contamination, but how to safely prepare and cook food. Some of our food supply, such as raw meats, arrives in our kitchens already contaminated. We cannot prevent this contamination, but by preparing the food in a safe manner, and cooking to a proper temperature, we can prevent illness.

The Washington State Food and Beverage Workers' Manual can be found at the following website: doh.wa.gov

Early learning providers should have a copy of this manual readily available in their environments for quick reference and review.

Slide #10 WAC 110-300-0195

Proper food safety practices are crucial to prevent the spread of foodborne illnesses.

WAC 110-300-0195 Food service, equipment, and practices.

(2) Snacks and meals must be prepared and served by an early learning provider who possesses a valid and current food worker card pursuant to WAC [110-300-0106](#) (13).

An early learning provider might have mistakenly felt comfortable visually inspecting cooked food for doneness. However, through studying and obtaining their food worker card, the early learning provider learns that foods should always be checked

⁵ American Academy of Pediatrics; American Public Health Association. (2011). *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs*. Retrieved from <http://nrckids.org>

with a food thermometer to ensure it has reached the required cooking or reheating temperature.

Slide #11 WAC 110-300-0195

When serving food as part of a snack or meal, the following requirements apply:

WAC 110-300-0195 Food service, equipment, and practices.

(3) An early learning provider must:

- (a) Supply durable and developmentally appropriate individual eating and drinking equipment, or developmentally appropriate single use disposable items;**
- (b) Clean and sanitize eating and drinking equipment after each use. Water cups or bottles must be cleaned and sanitized daily if designated for a single child;**

Developmentally appropriate utensils and equipment will aid children in gaining independence in eating. Clean and sanitized equipment and utensils will minimize the spread of germs or contamination.

Consider this example: for preschoolers in an early learning program, each child is assigned a water bottle labeled with the child's name to be used throughout the day. Since the water bottles are being used by a single child, the water bottles must be cleaned and sanitized at the end of the day. In the toddler class, children are given a new water cup each time they are offered water. Since these cups are not dedicated for a specific child, they are to be cleaned and sanitized after each use.

Slide #12 WAC 110-300-0195

Bisphenol A, or BPA, is a type of plastic used to manufacture polycarbonate plastics⁶. Often these plastics are used to make items related to food service like beverage containers, plastic flatware, or plastic plates. According to the Foundational Quality Standards, early learning providers must:

WAC 110-300-0195 Food service, equipment, and practices.

- (c) Ensure plastic eating and drinking equipment does not contain BPA (a chemical used in hard plastic bottles and as a protective lining in food and beverage cans) or have cracks or chips;**

⁶ Centers for Disease Control and Prevention. (February 2019). *Bisphenol A (BPA) Factsheet*. Retrieved from https://www.cdc.gov/biomonitoring/BisphenolA_FactSheet.html

Some research has shown that where BPA is present in food storage or serving equipment, BPA can seep into food⁷. According to the Centers for Disease Control and Prevention, the effects of BPA on human health is unknown⁸ as studies have shown mixed results on the effects of BPA exposure. To guard against a potential risk of harm, BPA is to be avoided.

Cracks or chips in plastic eating and drinking equipment can be difficult to clean and sanitize, and may result in cuts or scratches to the child, or ingestion of plastic fragments which may chip off while in use.

Slide #13 WAC 110-300-0195

It is important to minimize the potential of food coming into contact with contaminated surfaces or objects while serving. To do this:

WAC 110-300-0195 Food service, equipment, and practices.

- (d) Use gloves, utensils, or tongs to serve food;**
- (e) Serve meals or snacks on plates, dishware, containers, trays, or napkins or paper towels, if appropriate. Food should not be served directly on the eating surface;**

Gloves or utensils provide a sanitary way to serve food while minimizing direct or indirect contact with germs or allergens. For example, a person may indirectly contaminate food by touching food with their uncovered hand after touching a contaminated object, like the table or chair.

Additionally, food served directly on an eating surface may be exposed to contaminants, including toxins or residue left behind from sanitation practices.

Slide #14 WAC 110-300-0195

WA DCYF values diversity and strives to support early learning programs in creating environments where all children feel welcomed and valued. This includes during meal or snack times:

⁷ Bauer, B. (March 2016). *What is BPA, and what are the concerns about BPA?* Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/bpa/faq-20058331>

⁸ Centers for Disease Control and Prevention. (February 2019). *Bisphenol A (BPA) Factsheet*. Retrieved from https://www.cdc.gov/biomonitoring/BisphenolA_FactSheet.html

WAC 110-300-0195 Food service, equipment, and practices.

(f) Be respectful of each child's cultural food practices.

Food practices, including what food is prepared or how it is eaten, differ across cultures. An early learning provider may gain cultural awareness and learn how to be respectful of other cultural practices by building relationships with the families of children in care. For example, a new preschool child enrolls in an early learning program; during snack, the early learning provider notices the child is using their hands to eat their food, rather than using the utensils provided. The early learning provider, though, had learned through communicating with the child's family that eating with the hands is culturally appropriate for the child. This understanding may have prevented the early learning provider from correcting the child's action and causing confusion or another negative experience for the child.

Where cultural food practices differ, children should not be reprimanded, and an early learning provider should communicate with the family to better understand the cultural practice and how they can support the child while in care.

Slide #15 WAC 110-300-0195

WAC 110-300-0195 concludes:

WAC 110-300-0195 Food service, equipment, and practices.

(4) An early learning provider must:

- (a) Serve each child individually or serve family style dining, allowing each child the opportunity to practice skills such as passing shared serving bowls and serving themselves; and**
- (b) Sit with children during meals.**

There are numerous benefits which result from an early learning provider sitting with children during meals. They include:

1. **Monitoring food safety:** When an early learning provider is sitting with children, they are in close proximity to observe and act to resolve potential food safety risks, such as choking or allergic reactions and possible contamination of the serving utensils.
2. **Providing assistance:** In the case a child needs help cutting food, pouring a drink, or there is a spill to be cleaned up, the early learning provider's close proximity allows them to act quickly to assist children in need.

3. **Building and modeling relationships:** Enjoying meals together can be a positive social event. When the early learning provider is sitting with the children, they are able to model conversations with the children. This may include asking the children questions, listening to the children, and assisting the children as they engage in conversation with one another. Through all these interactions, children are learning from what they see the early learning provider model in conversation and the early learning provider is building stronger relationships with the children.

Slide #16 Test Your Learning!

Before we continue, let's test your learning. Review the question and select the best response.

True or false?

For children under the age of two, foods like crackers or cheerios may be served directly on a table.

- True
- False

Slide #17 Test Your Learning!

Review the question and select all that apply.

Which of the following are requirements found in WAC 110-300-0195?

- A) An early learning provider must sit with children during meals.
- B) The early learning provider preparing and serving snacks or meals must have a valid food workers card.
- C) Developmentally appropriate single use items may not be used.
- D) All of the above.

Slide #18 WAC 110-300-0196

Anyone can develop a foodborne illness; in fact, foodborne illnesses effect nearly 48 million Americans each year⁹. These illnesses are caused by bacteria or other germs,

⁹ Centers for Disease Control and Prevention. (February 2018). *Foodborne Illnesses and Germs*. Retrieved from <https://www.cdc.gov/foodsafety/foodborne-germs.html>

parasites, viruses, and toxins that contaminate food and are allowed to thrive. This is the case for spoiled food.

WAC 110-300-0196 Food sources.

(1) Food prepared and served from an early learning program must not be tampered with or spoiled.

Although food contaminated with certain bacteria or viruses will not smell, look, or even taste different, some spoiled food may have an altered appearance, the growth of mold, or a rotting decomposition, smell, or texture. Where manufacturing packages are damaged, open, or safety seals are broken, food may have been tampered with.

For example, while unpacking recently purchased groceries, an early learning provider notices the seal on a gallon of milk is broken. Because the broken seal indicates the milk may have been tampered with, or may have allowed pathogens to enter the container, they cannot guarantee the safety of the product. The milk cannot be served to children in the program.

Slide #19 WAC 110-300-0196

Several agencies exist within the U.S. to determine the quality and safety of food being served to the public. Federally, this includes the United States Department of Agriculture (or USDA), the United States Food and Drug Administration (FDA), and in the state of Washington, it includes the Washington State Department of Agriculture (or WSDA).

WAC 110-300-0196 Food sources.

(2) Food prepared and served from an early learning program must be obtained from an approved source licensed and inspected by the local health jurisdiction, the Washington state department of agriculture (WSDA), or the USDA. Food items not approved to be served to children in care include:

(a) Meat, fish, poultry, eggs, or milk that has not been inspected by the USDA or WSDA;

WAC 110-300-0196 Food sources.

(b) Home canned food;

(c) Game meat or other meat that has not been inspected by the WSDA or USDA;

(d) Leftover food that was previously served from outside of the early learning program; or

(e) Food from roadside stands selling without a permit.

Food Service from A to Z

While an individual may choose to privately consume the foods listed in subsections (a-e), their quality cannot be assured, so they are not allowable in an early learning program. Without the required level of quality assurance, foods pose a potential risk of containing contaminants leading to foodborne illness or cross-contamination.

For example, during morning drop off, a parent tells the early learning provider they have two pans of lasagna they'd like to donate. The parent explains the food is left over from a work event the previous evening.

Should the early learning provider accept and serve this food?

Under subsection (d), food that was previously served outside of the facility must not be served to the children in care. The early learning provider would be unable to account for who prepared the food, the conditions of the kitchen it was prepared in, or whether it was prepared according to safe temperature guidelines. The food may have been inadvertently cross-contaminated with an allergen, or sat out during the event for hours, allowing for the increased deterioration or spoilage of the food. The early learning provider also cannot account for who touched or served the food during the event, or how the food was stored prior to being brought to the early learning program. Without being able to ensure safe and healthy preparation and storage of the food, it would be a risk to serve to the children in care. In this scenario, the early learning provider thanks the parent for thinking of the program and reminds them of their food donation policy.

Slide #20 WAC 110-300-0196

To meet the needs of the early learning program, food may be prepared offsite and served to children in care.

WAC 110-300-0196 Food sources.

(3) Food not prepared on-site by an early learning provider, pursuant to WAC [110-300-0195\(2\)](#), must be provided by:

- (a) A licensed food establishment, kitchen, or catering business that meets food service requirements (chapter [246-215 WAC](#)) and is regularly inspected by a local health jurisdiction;**
- (b) A parent or guardian for his or her own children; or**
- (c) A manufacturer of prepackaged food.**

The requirements for approved off-site food preparation are designed to uphold safe and healthy food practices.

One example of an off-site food program might be the early learning program located as part of a school district. The district may prepare the food in the district kitchen and then deliver it to the early learning program each day. The off-site kitchen meets the requirements of subsection (a); because it is permitted by the local health jurisdiction and regularly inspected for quality preparation and storage practices.

Slide #21 WAC 110-300-0196

Growing a garden in an early learning program can be an enjoyable, hands-on learning experience for children. They can discover the lifecycle and parts of a plant, where food comes from, and how to exercise responsibility as they participate in caring for and cultivating the garden. Where gardens produce fruits or vegetables, sampling the produce can be rewarding for children.

Please visit WAC [110-300-0148](#) for additional requirements regarding gardens in outdoor early learning program space.

WAC 110-300-0196 Food sources.

(4) Fruits and vegetables (produce) grown on-site in a garden as part of an early learning program may be served to children as part of a meal or snack.

Prior to preparing and serving:

- (a) The produce must be thoroughly washed and scrubbed in running cold water to remove soil and other contaminants;**
- (b) Damaged or bruised areas on the produce must be removed; and**
- (c) Produce that shows signs of rotting must be discarded.**

Caring for Our Children notes in Standard 4.9.0.3, “soil particles and contaminants that adhere to fruits and vegetables can cause illness. Therefore, all fruits or vegetables to be eaten or used to make fresh juice at the facility should be thoroughly washed first¹⁰.” Washing garden fruits and vegetables is especially important as fruits and vegetables are often eaten raw, so early learning providers “cannot rely on the heat of cooking to destroy pathogens.”¹¹

This means, for example, when an early learning provider takes children to the garden to pick the tomatoes and beans that have grown, the early learning provider reminds the children, “Let’s put the tomatoes and beans in our baskets. Before we can eat the vegetables, we need to wash them to make sure they are clean. What do you think they will taste like?”

¹⁰American Academy of Pediatrics; American Public Health Association. (2011). *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs*. Retrieved from <http://nrckids.org>

¹¹The University of Maine Cooperative Extension. (September 2006). *Five Steps to Food Safe Fruit and Vegetable Home Gardening*. Retrieved from <https://extension.umaine.edu/gardening/manual/five-steps-food-safe-fruit-vegetable-gardening/>

Slide #22 Test Your Learning!

Before we continue, let's test your learning. Review the question and select all that apply.

Which of the following foods may not be served in an early learning program?

- A) Meat or fish that has not been inspected by the WSDA or USDA.
- B) Washed and cleaned fruits or vegetables from a garden located as part of the early learning program.
- C) Leftover food previously served from outside the early learning program.
- D) Unopened food in the original manufacturer's packaging donated to the early learning program by parents.

Slide #23 WAC 110-300-0197

Now, we move into WAC 110-300-0197 Safe food practices. Many institutions, including the Centers for Disease Prevention and Control and the USDA, have documented food safety practices, which when employed, reduce the risk of illness. Generally, these food safety practices can be easily remembered through four core practices: Clean, Separate, Cook, and Chill¹².

We have discussed safe and healthy practices for the “cook” component, and the next subsection addresses the “clean” component.

WAC 110-300-0197 Safe food practices.

(1) Early learning providers must wash their hands, pursuant to WAC 110-300-0200.

Cleaning one's hands is an effective way of eliminating the spread of germs and illness. This subsection aligns with Caring for our Children 4.9.0.9, which notes “many of these infectious diseases can be prevented through appropriate hygiene”.

¹² Fight Bac! Partnership for Food Safety Education. (N.D.). *The Core Four Practices*. Retrieved from <http://www.fightbac.org/food-safety-basics/the-core-four-practices/>

WAC 110-300-0200 is a section of the Foundational Quality Standards focused on handwashing practices. It will be examined in another course, and can be reviewed in the chapter [110-300 WACs](#). Subsection (4) focuses on times when handwashing is required, which includes before and after food preparation and service.

To review a handwashing video, in English or Spanish, developed by the Centers for Disease Prevention and Control on the proper handwashing method, visit: cdc.gov

The value of cleaning one's hands can be summarized by this concise rhyme: "It's simple, it's quick, and it can keep us all from getting sick¹³."

As a reminder, even though you have washed your hands, you must not touch ready-to-eat foods with your bare hands. An early learning provider can use serving utensils or wear plastic gloves to serve ready-to-eat foods.

Slide #24 WAC 110-300-0197

Subsection (2) continues:

WAC 110-300-0197 Safe food practices.

(2) Early learning providers must store, prepare, cook, hold food, and wash dishes, pursuant to WAC [110-300-0195](#).

As you become familiar with the Foundational Quality Standards, you will notice that many standards reference other WAC sections. These references help add context and allow important connections to be made across the WAC content.

For example, an early learning professional goes to this WAC, 110-300-0197, to better understand safe food practices. In Subsection (2), they find a reference to WAC 110-300-0195 which provides more information about food service, equipment, and practices. The information from each WAC comes together to provide a complete description of the requirements about safe food practices, which results in a healthier and safer experience for children. Again, please reference the Washington State Food and Beverage Worker's Manual found in the Resources section for information regarding cooking temperatures, hot holding, cooling techniques, reheating previously cooled foods and types of thermometers to use.

¹³ Centers for Disease Control and Prevention. (October 2018). *Handwashing: Clean Hands Save Lives*. Retrieved from <https://www.cdc.gov/handwashing/index.html>

Slide #25 WAC 110-300-0197

The next subsection addresses an aspect of healthy food storage. Proper temperature control, including keeping refrigerated and frozen foods at cold temperatures, slows the growth of bacteria in food and keeps pathogens from developing. This regulation supports another of the four core practices we mentioned earlier: Chill.

WAC 110-300-0197 Safe food practices.

(3) For all foods offered by the provider or given to an enrolled child by a parent or guardian, the provider must:

(a) Provide appropriate refrigeration to preserve foods from spoiling. Foods that may be subject to spoiling include, but are not limited to, meats, cooked potatoes, cooked legumes, cooked rice, sprouts, cut melons, cut cantaloupes, milk, and cheese; and

(b) Refrigerate foods requiring refrigeration at 41 degrees Fahrenheit or less and freeze foods required to be frozen at 10 degrees Fahrenheit or less.

This requirement aligns with Standard 4.9.0.4. in Caring for Our Children. It states, “bacterial multiplication proceeds rapidly in perishable foods out of refrigeration, as much as doubling the numbers of bacteria every fifteen to twenty minutes¹⁴”. This means perishable foods that have been out of proper refrigeration for more than two hours may have substantial bacterial growth.

In meeting this requirement, consider an early learning program where children bring a packed lunch from home. When children arrive at the beginning of the day, an early learning provider must have a system to ensure that the food subject to spoiling is provided refrigeration at 41 degrees Fahrenheit or less.

Slide #26 WAC 110-300-0197

The way food is stored directly impacts its quality; when food is stored properly, the risk of bacterial growth and contamination is minimized.

WAC 110-300-0197 Safe food practices.

(4) Food must be stored as follows:

(a) In original containers or in clean, labeled, dated, and airtight food grade containers, if appropriate;

(b) Food not required to be refrigerated or frozen must not be stored directly on the floor;

(c) In a manner that prevents contamination;

¹⁵ American Academy of Pediatrics; American Public Health Association. (2011). *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs*. Retrieved from <http://nrckids.org>

This requirement aligns with Caring for Our Children, Standard 4.9.0.6. Labeling food in cleaned, dated, and airtight food grade containers provides necessary information on the age of the product and how quickly it should be used before food spoilage sets in.

” Storing food off the floor in a safe and sanitary manner helps prevent food contamination from cleaning chemicals or spills of other foods and keeps insects and rodents from entering the products.¹⁵”

Consider this example: an early learning provider uses only a partial container of crackers during snack. The crackers are placed in a zip-top bag for later use. The early learning provider places the extra crackers in the zip-top bag, seals it shut, and writes the date on the outside of the bag. Then, they place the bag on a shelf in the kitchen pantry. The food is now stored in a manner that not only gives guidance on when it should be consumed, but also protects it from contamination, preserves its freshness, and minimizes the risk of pests.

Slide #27 WAC 110-300-0197

Subsection (4) continues with one of the four core food safety principles: Separate, where proper food storage and handling is designed to minimize cross contamination:

WAC 110-300-0197 Safe food practices.

- (d) Food and food service items (such as utensils, napkins, and dishes) must not be stored in an area with toxic materials (such as cleaning supplies, paint, or pesticides);**
- (e) Food that is past the manufacturer's expiration or "best served by" date must not be served to enrolled children; and**
- (f) Raw meat must be stored in the refrigerator or freezer below cooked or ready to eat foods.**

Food can become contaminated with germs, allergens, or toxic substances. This can happen during preparation or storage. By always storing food and food service items away from toxic materials, contamination can be prevented. Similarly, raw meat is stored below ready to eat foods. This helps eliminate the potential of draining liquids containing bacteria from contaminating ready to eat foods. Finally, food past a manufacturer's expiration or "best served by date" has an increased likelihood of being spoiled or being contaminated by the growth of bacteria which may lead to foodborne illnesses, like salmonella.

¹⁶ American Academy of Pediatrics; American Public Health Association. (2011). *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs*. Retrieved from <http://nrckids.org>

For instance, an early learning provider is serving cheese to children during a morning snack. Upon retrieving the unopened cheese from the refrigerator, the early learning provider notices the expiration date on the cheese was the day prior. Should the early learning provider serve the unopened cheese, since the expiration date was only the day before?

To best protect against potential food borne illnesses and to be in compliance with the Foundational Quality Standards, the early learning provider must not serve the cheese.

Slide #28 WAC 110-300-0197

There are certain critical periods when taking the temperature of the food helps ensure the food remains healthy and safe. These periods include, but are not limited to, before and after transportation, and when holding cold or hot foods. Subsections (5) and (6) outline additional safe food practices.

WAC 110-300-0197 Safe food practices.

(5) For food requiring temperature control, a center early learning program must maintain a food temperature log by using a calibrated and working metal stem-type or digital food thermometer.

(6) Prior to storing leftover food in a refrigerator or freezer, an early learning provider must label the food with the date the leftover food was opened or cooked.

According to Caring for Our Children Standard 4.9.0.5., the “labeling of foods will inform the staff about the duration of storage, which foods to use first, and which foods to discard because the period of safe storage has passed.” Early learning providers can use the labels within a system of rotating the “oldest foods to be used next and discard foods that have gone beyond safe storage times.”¹⁶

This is crucial because food served passed its safe storage timeframe is more likely to cause illness when consumed. Labeling is also critical in early learning programs where staffing changes or turnover may be high.

¹⁷ American Academy of Pediatrics; American Public Health Association. (2011). *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs*. Retrieved from <http://nrckids.org>

Consider the following: an early learning provider receives prepared cold lunch from a licensed off site food vendor. Upon receiving the food, the early learning provider documents the temperature of the food and then stores the food in a refrigerator to maintain cold temperatures. Prior to serving, the early learning provider retakes the temperature of the food to ensure it is safe to eat.

Slide #29 WAC 110-300-0197

The next WAC outlines parameters related to serving left over foods.

WAC 110-300-0197 Safe food practices.

(7) An early learning provider may serve leftover food that originated from the early learning program if the leftover food was not previously served and:
(a) Refrigerated leftover food must be stored and then served again within forty-eight hours of originally being prepared; or
(b) Frozen leftover food must be promptly served after thawing and being cooked.

When choosing to serve leftover food, remember that food may have been exposed to bacteria, or bacterial growth may have taken place during preparation for service. This is why subsection (7) notes how the food must be stored and how quickly it must be used.

The requirement does allow for an early learning program to serve leftover food as long as it was prepared on site originally and was not already served.

For instance, an early learning provider prepares fried rice as a part of the day's lunch menu. About one half of the rice is transferred into serving containers and placed on the lunch table. The half remaining in the pan can be placed in an airtight and labeled container and stored in the refrigerator for use within forty-eight hours. Any rice remaining from the served portions must be discarded.

Slide #30 WAC 110-300-0197

Freezing food is an effective method for slowing the growth of bacteria to make food usable even after long periods of storage.

Thawing frozen foods improperly, however, can put the food at risk for increased bacterial growth. The temperature ranges between 41 degrees and 135 degrees Fahrenheit is the perfect environment for bacteria to grow and multiply. This temperature range is therefore known as, the “danger zone”.

When foods are in the danger zone bacteria multiply rapidly. When food is kept colder than 41 degrees Fahrenheit, bacterial growth is slowed, and when it is cooked above 135 degrees Fahrenheit, the bacteria is killed.

To ensure frozen foods stay out of the danger zone, the following thawing methods are allowable:

WAC 110-300-0197 Safe food practices.

(8) Frozen food must be thawed by one of the following methods:

- (a) In a refrigerator;**
- (b) Under cool running water inside a pan placed in a sink with the drain plug removed; or**
- (c) In a microwave if the food is to be cooked as part of the continuous cooking process.**

This regulation is in alignment with Caring for Our Children, Standard 4.9.0.3. Foods that have been thawed in the refrigerator are safe to be used in the next day or two, but when thawing food in the microwave it must be cooked right after defrosting. Defrosting food in the microwave results with temperatures within the danger zone, so cooking the food to a temperature of at least 135 degrees is critical to prevent bacteria growth. Please remember that thawing foods at room temperature is not allowed.

Slide #31 Test Your Learning!

Before we continue, let's test your learning. Review the question and select the best response.

True or false?

Handwashing is an effective method to reduce the spread of foodborne illnesses.

- True
- False

Slide #32 Test Your Learning!

Review the question and select the best response.

An early learning provider purchases uncooked meat on Saturday that will be used in a meal for the following week. How must an early learning provider store the uncooked meat?

- A) In a refrigerator whose temperature is 41 degrees Fahrenheit or less or in a freezer whose temperature is less than 10 degrees Fahrenheit or less.
- B) Stored below cooked meats or ready to eat foods to prevent contamination.
- C) In its original packaging or a clean, labeled, dated, and airtight food grade container.
- D) All of the above

Slide #33 WAC 110-300-0198

Now, we will explore WAC 110-300-0198, which focuses on food preparation areas. As reviewed earlier in this module, one of the four core food safety practices is “Clean”. Keeping food preparation areas clean is critical to reduce the spread of germs and cross contamination, while maintaining a healthy environment.

WAC 110-300-0198 Food preparation areas.

(1) An early learning provider or staff must clean and sanitize food preparation areas and eating surfaces before and after each use, pursuant to WAC [110-300-0241](#) (1)(a).

This subsection references WAC 110-300-0241, a section of the Foundational Quality Standards focused on required cleaning schedules for an early learning program. The referenced subsection, (1)(a) outlines cleaning schedule requirements for food preparation and service areas, dishes, utensils, pacifiers and other items. This section is reviewed in depth in the e-learning course “Keeping it clean, sanitary and safe for kids!”

Slide #34 WAC 110-300-0198

WAC 110-300-0198 Food preparation areas.

- (2) In an early learning program's food preparation area, kitchens must:**
- (a) Have walls, counter tops, floors, cabinets, and shelves that are:**
 - (i) Maintained in good repair including, but not limited to, being properly sealed without chips, cracks, or tears; and**
 - (ii) Moisture resistant.**

Sealed and moisture resistant surfaces allow for effective cleaning and sanitation.

Where surfaces are cracked or allow moisture to penetrate, bacteria will thrive. For example, a kitchen has laminate counters. With years of use, however, a section of the countertop has been chipped, exposing the porous surface beneath the laminate. Cleaning and sanitizing procedures are ineffective on the porous surface which now harbors moisture and bacteria left behind during normal use. Because the general temperature in the kitchen falls within the danger zone, the bacteria thrive. If left unaddressed the bacteria could potentially contaminate other foods prepared there, or mold could grow, exposing the kitchen and food to mold and bacterial spores.

Slide #35 WAC 110-300-0198

The next subsection outlines additional food preparation area requirements.

WAC 110-300-0198 Food preparation areas.

- (b) Have a properly maintained and vented range hood, exhaust fan, or operable window; and**
- (c) Have a properly maintained and working refrigerator, freezer, or a combination refrigerator and freezer with sufficient space for proper storage and cooling of food.**

Preparing and cooking food can produce “heat, smoke, steam, airborne particles and odors that can cause irritation to eyes, skin, and even respiratory problems¹⁷”. Ventilation, whether through a hood range or operable window, allows for irritants to be

¹⁷ Property News. (May 2014). *The Importance of ventilation in commercial kitchens*. Retrieved from <http://www.propnews.co.uk/story/2014/05/30/the-importance-of-ventilation-in-commercial-kitchens/1082/>

cleared from the air and control the indoor temperature, which improves health and safety for staff and children in or near the kitchen.

Finally, maintaining the operation of a refrigerator or freezer will allow for food storage at a consistent and proper temperature, as described earlier in this module.

Slide #36 WAC 110-300-0198

The layout and design of early learning programs vary widely. Some early learning programs prepare food in a kitchen that is in a separate building from classrooms, while another early learning program may prepare food in a space located near areas children play. Regardless of the design of the early learning premises, compliance with the following regulations helps to keep food preparation areas clean and prevent cross contamination.

WAC 110-300-0198 Food preparation areas.

(3) An early learning provider must:

- (a) Have at least eight feet between the food preparation area and any diaper changing tables or counters and sinks used for diaper changing;**

Cross contamination related to diaper changing cannot be overlooked. Gastrointestinal pathogens are commonly passed through improper health or sanitation practices related to diaper changing and bathroom processes. This includes norovirus, which can remain infectious for up to 42 days on a surface¹⁸. Commonly, norovirus may be spread to

foods when a person's hands are contaminated by virus particles and they touch food or serving utensils, foods or utensils are placed on a surface or counter contaminated with norovirus particles, or an infected person emits particles through the air and they land on food.

Keeping diaper changing areas and food preparing areas distinct and at a distance will decrease the likelihood of cross contamination.

¹⁸ Miller, C., Fraser, A., Sturgis, R., Chen, X., & Saunders, A. (February 2013). *Changing Dirty Diapers*. Fightbac.org. Retrieved from http://www.fightbac.org/wp-content/uploads/2015/07/All_Diapering.pdf

Slide #37 WAC 110-300-0198

Bacteria grow best where there is moisture and warmth. This makes sinks an ideal location for bacterial growth, even if they look “clean”. One study found traces of coliform bacteria, which includes bacteria like Salmonella or E. coli, and is an indicator for fecal contamination, in 45 percent of kitchen sinks. In fact, according to the study, more bacteria and fecal contamination was found in areas used to prepare food than in other places in the home, including the bathroom¹⁹.

For this reason, the following regulations are critical in protecting children’s health.

WAC 110-300-0198 Food preparation areas.

- (b) Clean and sanitize a sink immediately before using it to prepare food to be served to children in care;**
- (c) Use a colander or other method to prevent food and kitchen utensils from touching the sink basin; and**

Cleaning and sanitizing sinks will kill and remove up to 99.9 percent of germs, including bacteria, significantly decreasing the risk of food contamination. Limiting the direct contact of food or kitchen utensils with the sink basin or sides will provide an additional layer of protection against potential contamination.

Slide #38 WAC 110-300-0198

The following methods are allowable for cleaning and sanitizing items like dishes or utensils:

WAC 110-300-0198 Food preparation areas.

- (d) Clean dishes, pans, baby bottles, and kitchen utensils as follows:**
 - (i) Cleaning and sanitizing with an automatic dishwasher that uses heat or chemicals to sanitize; or**
 - (ii) Handwashing, rinsing, sanitizing, and allowing to air dry.**

¹⁹ NFS International. (2011). *Germiest Items in the Home*. Retrieved from <http://www.nsf.org/consumer-resources/studies-surveys-infographics/germ-studies/germiest-items-home>

Slide #39 WAC 110-300-0198

Caring for Our Children does not generally endorse the use of a sink for more than one purpose and encourages that sinks used for food preparation should not be used for hand washing or any other purpose. However, given DCYF's interest in supporting family home child care, the Department has opted to institute the cleaning and sanitizing sink requirement, along with the use of a colander method for programs licensed prior to August 1, 2019. Subsection (4) focuses on sink and cleaning requirements specifically for center early learning programs licensed after August 1, 2019.

WAC 110-300-0198 Food preparation areas.

(4) Center early learning programs licensed after the date this chapter becomes effective must have:

- (a) A handwashing sink separate from dishwashing facilities;**
- (b) A food preparation sink located in the food preparation area; and**

(c) A method to clean and sanitize dishes, pans, kitchen utensils, and equipment in the food preparation area using:

- (i) A two-compartment sink and an automatic dishwasher that sanitizes with heat or chemicals; or**
- (ii) A three-compartment sink method (sink one is used to wash, sink two is used to rinse, sink three contains a sanitizer, and the dishes are allowed to air dry).**

If you have questions regarding the location or designations of sinks in an early learning program, reach out to your licenser or supervisor.

Slide #40 WAC 110-300-0198

The final subsection in this WAC is related to cooking activities. Cooking activities and food preparation are engaging ways for children to learn about science and math concepts like measurement, the hypothesis process, and states of matter, as well as exercise critical thinking and problem-solving skills and fine motor skills. In support of this engaging learning opportunity:

WAC 110-300-0198 Food preparation areas.

(5) An early learning provider may use the kitchen for actively supervised cooking or food preparation activities with children in care.

Active supervision is an important health and safety component of cooking activities with children. The full definition for active supervision may be reviewed in the Terms and Definitions PDF in the Resources section of your learner's screen.

Consider how this example complies with active supervision. An early learning provider has a mixed-age group of children in the kitchen helping prepare a batch of blueberry muffins. The early learning provider has ingredients measured and in bowls at the table where the children are sitting. Taking turns, the children each get to add and stir in an ingredient. As the early learning provider is describing how the muffin mixture changes after the wet ingredients are added, a three-year-old picks up one of the blueberries from the table and licks it. The early learning provider is in close proximity, watching and listening, so was able to intervene and instruct the child to throw the blueberry away.

The early learning provider then reminds the child that the food on the table is for eating later, after it is cooked in the oven.

Slide #41 Test Your Learning!

Before we continue, let's test your learning. Review the question and select the best response.

To minimize the risk of cross contamination that could lead to foodborne illnesses, how many feet must be between a food preparation area and any diaper changing tables, counters and sinks used for diaper changing?

- A) At least 6 feet
- B) At least 8 feet
- C) At least 10 feet
- D) This is not a requirement found in WAC 110-300-0198.

Slide #42 Test Your Learning!

Review the question and select the best response.

True or false?

When cleaning baby bottles, an automatic dishwasher may not be used.

- True
- False

Slide #43 Guiding Principles

This concludes the content portion of this course! Thank you for your participation!

Before this course ends, please take a moment to reflect and set personal goals related to the following Guiding Principles and ways that each of the principles relate to early learning professionals.

Guiding Principles:

- Children are more vulnerable to foodborne illnesses than adults.
- Storing, preparing, and serving food in accordance with food safety practices reduces the risk of contamination and foodborne illnesses.
- Cleaning and sanitation of food preparation areas and materials are necessary to maintain a healthy environment.
- Proper hand washing practices protect against the spread of germs and illness.

What take-a-ways do you have? How will you change your practices as a result of participation in this learning module?

Slide #44 Course Evaluation

Please take a moment to answer the following end-of-course evaluation questions by selecting the appropriate choice.

This course improved my understanding of the course content.

- True
- False

Slide #45 Course Evaluation

The information presented in this course was clearly connected to the session and Learning Outcomes.

- True
- False

Slide #46 Course Evaluation

There are opportunities for application of this course content in my role as an early learning professional.

- True
- False

Slide #47 Course Evaluation

I would recommend this course to others who work in the field.

- True
- False

Slide #48 Course Conclusion

This concludes this course. If you have questions following this session, please contact your supervisor or licensor.

We hope this course has been helpful in providing information about the WAC and how programs can meet the new standards with compliance.

Our goal is that all early learning professionals viewing this course have left with an increased understanding and knowledge of the updated WAC, and that you will be able to either assess programs for compliance or be able to maintain and demonstrate compliance.

Be sure to visit the Learning Management System to review and select additional learning modules that are part of this series.