

Serving Food Family Style

1) HAND WASHING: The most important part of controlling the spread of disease is to assure proper hand washing. Children should wash hands right before they are ready to eat. Do not allow for any playtime prior to sitting down at the table. After finishing the meal, wash hands again.

- ❖ No matter what age group is being supervised, the teacher must assure the children are washing their hands properly.

2) SERVING FOOD: The teacher must be seated at the table during mealtime.

The following guidelines help assure that at all times food is being properly handled.

- ❖ Children needing additional help should be seated next to the teacher/caregiver.
- ❖ Use of child size chairs and tables helps assure safer handling of the food.
- ❖ Use dishes, glasses, bowls, and pitchers that are small and light in weight making it easier for the children to handle.
- ❖ Children and caregivers shall not handle food with bare hands. Spoons, tongs, or scoops shall be used to handle the food. Exception: When an individual gets their own roll or slice of bread.

3) DISPOSING OF SERVED FOOD: Food that is placed on the table may not be re-served to the children in care. Examples of served food: a) Any containers of milk or juices that are placed on the table; b) Hot food removed from the cooking utensil, placed in a serving bowl, and placed on the table; c) Cold food placed in a serving bowl and placed on the table. In addition, any food in which the proper temperature is not maintained (Hot food held at 140°F or higher/Cold food held at 41°F or less.) for more than 2 hours and has not been placed on the table shall also be discarded.



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