

Church Leader Training

# FAMILY MEALS AND FOOD SAFETY

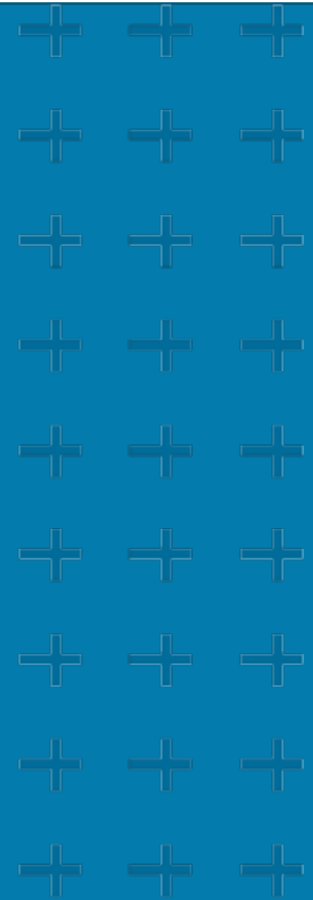


FAMILY LEADERSHIP  
INITIATIVE

## SESSION OBJECTIVES

- 1 Understanding the value of family meals.
- 2 Implementing creative family meals.
- 3 Learning the basic principles of food safety.
- 4 Understanding best practices for food handlers.
- 5 Preventing cross-contamination.
- 6 Maintaining cleaning and sanitizing standards.

Mealtime is a time  
of connection and  
a time of opportunity.





## Benefits of Eating Meals as a Family

- ENCOURAGES TOGETHERNESS.
- FOSTERS HAPPY WELL-ADJUSTED CHILDREN.
- HELPS KIDS DO BETTER IN SCHOOL.
- BUILDS SELF-ESTEEM.
- IT'S INFORMATIONAL.
- TEACHES MANNERS.
- PROVIDES BETTER NUTRITION.
- IT'S ENJOYABLE.

## MAKE THE MOST OF MEALTIME.

- ✓ Start on time.
- ✓ Provide each family with its own table or space.

- ✓ Every family should take responsibility.
- ✓ Incorporate Table Talk.







## Food Safety

The conditions and practices that preserve the quality of food to prevent contamination and foodborne illnesses.





If food handlers do not handle food correctly, it can become unsafe and can potentially cause illness.

**More than 30 children experienced dizziness, nausea, and vomiting after eating spaghetti at an elementary school cafeteria.**

According to the regulatory authority, the spaghetti was not heated correctly on the day it was served. It also was not cooled correctly when it was prepared the day before. The cafeteria had to be closed so staff could be retrained on safe food-handling practices.

*7th Edition ServSafe Manager*





## **When preparing food, it's vital to:**

- **Use approved suppliers.**
- **Limit access to preparation, storage, and cooking areas.**
- **Assure cooks and servers are well trained.**
- **Use appropriate equipment and avoid cross-contamination.**
- **Practice good personal hygiene.**



Wet hands and arms with clean running water.

Apply soap.



Vigorously scrub hands and arms for at least 20 seconds.



Rinse hands and arms thoroughly.



Dry hands and arms with a single-use paper towel or hand dryer.





Remember that gloves should **NEVER** be used in place of handwashing.



- Wash hands before putting on disposable gloves.
- Select the correct size.
- When putting on a glove, hold it by the edge and never blow into it.
- Once on, check each glove for rips or tears.
- Never wash or reuse disposable gloves.
- Never handle food with bare hands!



Our bodies are naturally covered in bacteria; some helpful, some incredibly harmful.





**Program staff and volunteers must not handle food—in any capacity—if experiencing:**

- Nausea
- Vomiting
- Fever
- Diarrhea
- Rash
- Stomach cramps

# FOOD PREPARATION



- Keep raw and ready-to-eat food away from each other.
- Use separate equipment for raw and ready-to-eat food.
- Clean and sanitize all equipment, work surfaces, and utensils before and after each meal.
- Prep raw and ready-to-eat food at different times.
- Buy prepared food that does not require much handling.



# FOOD PREPARATION

- Follow the guidelines for heating, cooling, and storing food.
- Store supplies in designated storage areas.
- Store food in sealed or covered leakproof containers that are intended for food.
- Keep all storage areas clean and dry.
- Work stations, cutting boards, and utensils should be clean and sanitized.





## Cleaning

Removes food and other dirt from surfaces.





## Sanitizing

Reduces bacteria on surfaces to safe levels.

