



Taste a RAINBOW

Show Me Nutrition: *Food Safety and Healthy Eating Tips*



Food Safety Starts with Hand Washing

1. **WET** your hands with warm running water, turn off the tap, and apply soap.
2. **LATHER** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **SCRUB** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **RINSE** your hands well under clean, running water.
5. **DRY** your hands using a clean towel or a paper towel or air-dry them.



Clean Food Preparation Surfaces Often

Bacteria can be spread throughout the kitchen, especially on hands, cutting boards, utensils, countertops, and food.

- Wash your cutting boards, dishes, utensils, and countertops with hot, soapy water after preparing each food item and before you go on to the next food.
- Rinse all fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skinned fruits and vegetables such as potatoes under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.



Healthy Eating Tips

Avoid choking

Some foods present a high risk of choking for children under 4 years of age if the food is round, tube-shaped, hard, thick, sticky, smooth, or slippery, or can stick to the airway. These foods include hot dogs, grapes, nuts, seeds, nut butters, and dried fruits. Remember to cut foods into bite-size pieces and sit with the child during mealtimes.



Be a role model

Let your child watch you try new foods. Show them, for example, how much you like to munch on raw vegetables. Describe a food's taste, texture, and smell. Offer your child one new food at a time. Combine the new food with one your child already likes. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat. Try to eat vegetables, fruits, and whole grains with meals or as snacks.