TLC Session Guide: Food Safety is Cool

Key Messages:
- Keep your refrigerator at the right temperature so food stays safe.
- Teach your family about food safety and keeping a clean fridge. It’s a lesson they’ll keep for life.
- Healthy habits like putting leftovers away within 2 hours of cooking are good for the whole family to learn.

Open:
The Food and Drug Administration has this to say about coming home with groceries: “When you get home from the grocery store, put your refrigerated items away as quickly as possible. Never allow raw meat, poultry, seafood, eggs, or produce that requires refrigeration to sit at room temperature for more than two hours; the limit is one hour if the air temperature is above 90 °F. (If you’re not sure whether certain produce requires refrigeration, ask your grocer.) Also, keep in mind that your car is probably even hotter than typical room temperature, so it’s important not to leave groceries in your car longer than absolutely necessary — and never more than 2 hours (or 1 hour on a hot day).”

What are your thoughts about these tips?

Share and Connect
It’s a fact most people aren’t aware of, but some foodborne illnesses can actually lead to long-term health conditions. About 3,000 Americans a year die from foodborne illness.

We want to trust the foods we eat are safe. And we want to make sure the foods we serve our kids are healthy and safe too. Today, I have a handout with some information about keeping your refrigerator at the right temperature and how to clean it. It’s not usually our favorite chore but when it comes to food safety, it’s an important one.

After taking a look at the tips on the handout:
- What are some things you think of when it comes to storing foods for your family?
- How do you feel when you bring groceries home and put them in a clean fridge?
- What would it feel like to post a picture of your clean and happy fridge on Instagram?
- How do you feel about food safety and storing foods at the right temperature?
- What are important lessons you teach your kids about food safety?

Summarize and Act
Today we heard a lot of great tips for keeping our families safe and our refrigerators clean. (Share what you heard from the group) As a gift for participating today, I have a refrigerator thermometer for you to take home and use.
- Would anyone like to share how they’ll use the three basic steps to keeping a fridge clean?
- Based on what we heard today, what ideas might you take home and try with your family?

I always learn something in these group sessions. Thank you for what you taught me today, and for coming and participating.
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