Food Safety for WIC Clients

A Nutrition In-Service for Staff

“Food safety involves everybody in the food chain.”

~Mike Johanns
Who: Participants: WIC staff, range of 2-16 participants with a varying degree of maternal, infant and child nutrition knowledge and WIC experience.

Leader: WIC RD/Nutritionist

Why: Foodborne illness can be a serious issue, especially for at risk groups including pregnant women, infants, and children. This population is more likely to experience prolonged symptoms, and serious side effects such as miscarriage for pregnant women. WIC staff can help identify risk criteria and offer suggestions to help clients prevent foodborne illness.

When: A monthly in-service that is designed to be 30 to 60 minutes - depending on the discussion and the number of staff attending.

Where: The session was designed for a WIC classroom, meeting room or large office depending on the size of the group.

What: By the end of this session staff will have:

- Examined the importance of food safety for WIC clients
- Identified food safety risks for WIC clients
- Reviewed and discussed the 4 key steps to keep food safe
- Proposed Explore, Offer, Explore questions to talk with clients about food safety

Materials Needed: Flip chart or large paper plus tape, easel, sticky notes, and markers or pens

Cut out cards from the Appendix.

Copies of:

- Food Safety for WIC In-Service Participant Copy
- Food Safety for WIC In-Service Feedback Form
- Optional for use in Part 3: Food Safe Families downloadable brochure
  http://foodsafety.adcouncil.org/assets/5/FoodSafety_Brochure.pdf

Background Reading for Leaders: Please read or review before leading the group:

- Washington State WIC Manual, Volume 1, Chapter 14 - Nutrition Risk Criteria
- Potentially Contaminated Foods, Infants and Children, pg. 250
- Potentially Contaminated Foods, Pregnant Women, pg. 253
WIC Foods (Cheese, Beans, Eggs, Fish, Fresh Fruits and Vegetables, Juice, Milk, Soy Beverage, Tofu, and Whole Grains)

http://www.doh.wa.gov/YouandYourFamily/WIC/WICFoods

Background Information About Food Safety:

http://www.foodsafety.gov/risk/pregnant/


http://www.fda.gov/Food/FoodborneIllnessContaminants/PeopleAtRisk/ucm089629.htm

Food Safe Families Handout (For use in Part 3):

http://foodsafety.adcouncil.org/assets/5/FoodSafety_Brochure.pdf

Spanish Handouts Available here:

http://foodsafety.adcouncil.org/Downloadable-Materials/

**How:**

- Schedule in-service.
- Review background information.
- Review in-service *Leader Copy (italicized print indicates leader speaking).*
- Prepare materials needed.
- Pass out sticky notes and markers at the beginning of the session.
- Have fun!

**Note:**

The consequences of food borne illness can be very serious. This information is for WIC staffs’ learning and education. Our goal isn’t to scare families with all the risks of food borne illnesses. We want to share the basics of food safety with our WIC clients so they know how to keep food safe for their families. We can use WIC Connects skills to find out what is most important for our clients to know.
Welcome! I will be the leader for this month’s nutrition training. I encourage all of you to participate. Together we can explore our topic and discover strategies to support our WIC clients.

By the end of this session you will have:

- Examined the importance of food safety for WIC clients
- Identified food safety risks for WIC clients
- Reviewed and discussed the 4 key steps to keep food safe
- Discussed talking points for client education about food safety

What is Food Safety and Why Does it Matter at WIC?

Some of the common foods people eat can be a source of foodborne illness. Many people don’t think about this until they hear it from their doctor when they are pregnant or have a small child.

Let’s watch a video together which shows the impact foodborne illness can have on pregnant women and children.

https://www.youtube.com/watch?v=w8pFr25KqSQ

The family in this video changed the way they approach food safety after the mom and baby got sick. What do you currently do at home to keep food safe for yourself and your family? (Hear 2-4 responses)

As WIC staff, it’s important to know how to prevent foodborne illness, and the potential consequences of getting sick from contaminated food. There’s a potential for very serious side effects from getting a foodborne illness, sometimes even death. Our role is to share the basics of food safety and steps families can take to keep their foods safe.
Food Safety Risks for WIC Clients
There are many different bacteria, viruses, and molds which can cause foodborne illness. Let’s review a few of the more common ones that pose a serious risk if encountered.

Let’s get into groups of 2-4. I’m going to pass out cards with information about bacteria, viruses, and molds which can cause foodborne illness. Take 3-5 minutes to learn about your topic as a group. Choose one person to report back to the large group about the top 3-4 key facts you learned.

- “Cut Out Cards” are located in the Appendix.
- After 3-5 minutes, call the group back together.

Who would like to share the top 3-4 key facts about their foodborne pathogen with the group first? Of these key facts, what might be appropriate to share with a client?

Tip: Use a flip chart to capture the key facts about each bacteria, virus, or mold.

The Food Safety Basics
Now that we know about some of the causes of foodborne illness, let’s take a look at the four steps the USDA recommends to keep food safe. Families can use “Clean, Separate, Cook, Chill” to keep food safe and prevent foodborne illness.

Let’s read through the steps below taken from the “Clean, Separate, Cook, Chill” campaign. Who would like to read the first step, “Clean”? Read through all four steps as a group. (Optional: printable handout: Food Safe Families.)

Allow time for questions after each step.

Step 1: Clean
Bacteria can be hiding just about anywhere! Just 20 seconds of handwashing sends billions of bacteria down the drain instead of onto your food.

Key Message: Wash hands and surfaces often
- Wash hands with soap and warm water for 20 seconds before and after handling raw food.
- Wash utensils, cutting mats, and countertops with soap and hot water, then rinse. Alternatively, sanitize with a solution of 1 tablespoon of unscented liquid chlorine bleach per 1 gallon of water. Allow to air dry.
- Wash all raw fruits and vegetables under running water just before eating, cutting, or cooking. Using a soap or commercial produce wash isn’t recommended.
Step 2: Separate

Mattie always poured the remaining meat marinade over her grilled beef brisket to make it extra juicy. Just in the nick of time her guest said “Wait, stop!” Mattie had never heard she needs to boil the marinade first. No wonder the family never feels good for a few days after she makes it!

Key Message: Separate raw meats from other foods

- Keep raw meat, poultry, eggs, and seafood and their juices separate from other foods.
  - Keep on lowest shelf in the refrigerator
  - Prevent dripping by placing on plates, in containers, or in sealed plastic bags
  - Keep separate from other foods when shopping and place in plastic bags to keep juices from dripping onto other foods
- Use a separate mat for raw meat, poultry, and seafood.
- Never place cooked food back on the same plate which previously held raw food unless the plate has first been thoroughly washed in hot soapy water.
- Sauce used to marinate raw meat, poultry or seafood shouldn’t be used on cooked food, unless the sauce is boiled first.

Step 3: Cook

Want a medium hamburger when you go out to eat? Love to eat raw cookie dough? Like your eggs a little runny or wet? Foodborne bacteria can’t be seen, smelled or tasted, but can still make you sick.

Key Message: Cook to the right temperature

- Color and texture are unreliable indicators of food safety. Using a food thermometer to check internal temperatures of cooked foods is the only way to ensure safe cooking temperatures. *
- The food thermometer should be placed in the thickest part of the food, away from the bone, fat or gristle.

*See Is It Done Yet? Infographic located in the back of your packet. It shows internal cooking temperatures for meats.
Step 4: Chill

*Oh no! It’s almost dinner time and someone forgot to thaw the chicken! It’ll be ok if I run it under hot water, won’t it?*

**Key Message:** Refrigerate food promptly

- The temperature in a refrigerator should be 40°F or below, and the freezer 0°F or below.
- Perishable food should be thawed in the refrigerator, in the microwave, or in cold water. It should never be thawed on the counter or in hot water.
- Don’t leave food at room temperature for more than two hours (one hour when the air temperature is above 90°F).
- Divide large pots of food, like soup or stew, into shallow containers. Cut cooked meat or poultry into smaller slices. Place in shallow containers, cover, and refrigerate.

Alternative Activity ~ 15 minutes

Videos (view instead reading key messages in the shaded boxes above)

View one video at a time. Discuss what steps kept food safe and use the Food Safe Families handout as a reference.

http://www.doh.wa.gov/YouandYourFamily/FoodSafety/Clean SeparateCookChill

Part 4

Applying Food Safety Knowledge to WIC

**Name the WIC Risk:**

*Now that you know the steps to prevent foodborne illness, let’s apply your knowledge. Who would like to share the WIC Nutrition Risks which apply to food safety?*

**Possible Responses:**

- *Potentially Contaminated Foods- Infants and Children*

  *Feeding foods to an infant or child that could be contaminated with harmful microorganisms or toxins.*

- *Potentially Contaminated Foods- Women*

  *Pregnant woman ingesting foods that could be contaminated with pathogenic microorganisms.*
Let’s run through some examples together. Raise your hand if you should mark the risk in the following scenarios (read each aloud):

1. Leslie says she makes homemade lemonade for her 3 year old. Yes (Homemade or store bought fresh juices are a risk.)
2. Ella likes to eat cookie dough. Mom makes cookies once a week and Ella is 4. Yes
3. Juan is the cook in his family. He loves using Queso Fresco from his cousin’s farm. Yes
4. Joy-Ann is pregnant and she really craves sushi. She goes out to eat and gets an uncooked roll once or twice a month. Yes
5. Stu mentioned they just returned from a great camping trip and the best part was the kids got to make their own lunch meat sandwiches. It was so easy; he’s going to keep that up all summer. Yes
6. Maggie usually waits until dinner is over to put the leftovers away. Sometimes the kids want seconds. No
7. Zin’s neighbor sometimes gives her fresh cow’s milk. She’s heard it’s better for you than store bought milk and her kids love it. Yes

Group Discussion:
It’s time to put it all together and explore how to keep WIC foods safe. Which WIC foods might pose a risk if handled improperly?

Write the foods the group calls out on large pieces of paper and stick them to a wall. More than one food can be written on each piece of paper, but leave some space.

Choose one WIC food you see on the wall. Write on a sticky note which step from Clean, Separate, Cook, Chill could help keep the WIC food safe. Place your sticky note on the food.

After staff have placed their sticky notes, ask: What trends do you notice?

Possible WIC foods and steps:
- Fresh fruits and vegetables: Clean, separate, chill
- Milk and cheese: Chill, clean
- Eggs: Clean, separate, cook, chill
- Juice: Chill frozen juice, chill opened shelf-stable bottled juice
- Beans: Clean, Cook, Chill
- Rice: Clean, Cook, Chill
- Pasta: Clean, Cook, Chill
- Soy beverage and tofu: Chill, Clean
- Baby fruits and veggies: Separate (serve out of a bowl, not the jar), chill opened jars
- Infant formula: Clean, Cook (heat water), chill prepared formula, separate (toss leftover formula)
Part 5

Talking with Clients and Caregivers

Let’s practicing having a conversation about food safety with a WIC client. Divide up into pairs. Take 5 minutes to play out the following scenario using Explore, Offer, Explore. We will come back as a group to hear your thoughts and questions.

Scenario: Mom and her 18 month old son: “I’m so happy he’s finally on a sippy cup! He loves he carry it around all day with his milk in it.”

Explore (Open ended question):

Offer (Remember to ask permission before sharing a small piece of information):

Explore (Open Ended question):

Closing

Today we learned there are simple steps families can take to keep their food safe and to prevent foodborne illness. At WIC, we know our clients are some of the most at risk populations for contracting a foodborne illness. You make a difference by helping WIC clients keep their food safe and their families healthy.
Appendix
# Cut Out Cards

<table>
<thead>
<tr>
<th>Pathogen</th>
<th>Sources</th>
<th>Symptoms &amp; Side Effects</th>
</tr>
</thead>
</table>
| **Salmonella** | • Raw or undercooked eggs  
• Raw or undercooked meat or poultry  
• Raw milk or juice  
• Cheese and seafood  
• Fresh fruits and vegetables | • Stomach pain  
• Diarrhea  
• Nausea  
• Chills  
• Fever  
• Headache  
• Joint pain/arthritis  
• Death |

Symptoms appear 12-72 hours after eating.  
May last 4-7 days.

<table>
<thead>
<tr>
<th>Pathogen</th>
<th>Sources</th>
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</tr>
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</table>
| **E.coli** | • Undercooked beef, especially hamburger  
• Raw milk, raw juice including “fresh” apple cider  
• Contaminated raw fruits and vegetables  
• Contaminated water  
• Person-to-person contact | • Severe diarrhea, often bloody  
• Abdominal cramps  
• Vomiting  
• Usually little to no fever  
• Infants and very young children are at risk of developing hemolytic-uremic syndrome (HUS). Causes acute kidney failure and may result in permanent kidney damage or death |

Symptoms appear 1-10 days after exposure.  
Lasts 5-10 days.
<table>
<thead>
<tr>
<th>Pathogen</th>
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| Campylobacter jejuni | • Unpasteurized milk  
                    • Raw or undercooked meat, poultry, or shellfish  
                    • Contaminated or untreated water | • Fever  
                    • Headache  
                    • Muscle pain  
                    • Diarrhea  
                    • Abdominal pain  
                    • Nausea  
                    • Infection may spread into the bloodstream  
                    • Can be life threatening  
                    Symptoms appear 2-5 days after eating  
                    May last 2-10 days                                                                                  |
| Listeria      | • Improperly reheated or cold hot dogs, cold cuts, lunch meats  
                    • Raw milk or soft cheese made with raw milk  
                    • Smoked seafood  
                    • Store-made meat salads such as chicken salad or tuna salad  
                    • Raw vegetables | • Fever  
                    • Chills  
                    • Headache  
                    • Backache  
                    • Upset stomach  
                    • Diarrhea  
                    • Miscarriage  
                    • Premature delivery  
                    • Death (includes fetal death)  
                    • Severe illness or death in newborns  
                    Can take up to 2 months to become sick  
                    GI symptoms may appear within 9-48 hours                                                                  |
Internal Cooking Temperatures

“Is it done yet?”
You can’t tell by looking. Use a food thermometer to be sure.

USDA Recommended Safe Minimum Internal Temperatures

<table>
<thead>
<tr>
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FoodSafety.gov
USDA Meat & Poultry Hotline: 1-888-MPHotline (1-888-674-6854)

United States Department of Agriculture
Food Safety and Inspection Service

CLEAN | SEPARATE | COOK | CHILL

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Learning Objectives

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- Reviewed and discussed the 4 key steps to keep food safe
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Part 1

What is Food Safety and Why Does it Matter at WIC?

Some of the common foods people eat can be a source of foodborne illness. Many people don’t think about this until they hear it from their doctor when they are pregnant or have a small child.

As WIC staff, it’s important to know how to prevent foodborne illness, and the potential consequences of getting sick from contaminated food. There’s a potential for very serious side effects from getting a foodborne illness, sometimes even death. Our role is to share the basics of food safety and steps families can take to keep their foods safe.

Part 2

Food Safety Risks for WIC Clients

There are many different bacteria, viruses, and molds which can cause foodborne illness. Let’s review a few of the more common ones that pose a serious risk if encountered.

- Get into a group of 2-4
- The leader will pass out cards with information about different foodborne pathogens
- Learn about your pathogen as a group for 3-4 minutes
- Compile the top 3-4 key facts you learned about the pathogen
- Consider what information you might share with a client
- Choose one person to share your key facts with large group
Part 3

The Food Safety Basics

Now that we know about some of the causes of foodborne illness, let’s take a look at the four steps the USDA recommends to keep food safe. Families can use “Clean, Separate, Cook, Chill” to keep food safe and prevent foodborne illness.

Adapted from the “Food Safe Families” brochure by the USDA.

**Step 1: Clean**

*Bacteria can be hiding just about anywhere! Just 20 seconds of handwashing sends billions of bacteria down the drain instead of onto your food.*

**Key Message:** Wash hands and surfaces often

- Wash hands with soap and warm water for 20 seconds before and after handling raw food.
- Wash utensils, cutting mats, and countertops with soap and hot water, then rinse. Alternatively, sanitize with a solution of 1 tablespoon of unscented liquid chlorine bleach per 1 gallon of water. Allow to air dry.
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**Step 2: Separate**

*Mattie always poured the remaining meat marinade over her grilled beef brisket to make it extra juicy. Just in the nick of time her guest said “Wait, stop!” Mattie had never heard she needs to boil the marinade first. No wonder the family never feels good for a few days after she makes it!*

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**Step 3: Cook**

*Want a medium hamburger when you go out to eat? Love to eat raw cookie dough? Like your eggs a little runny or wet? Foodborne bacteria can’t be seen, smelled or tasted, but can still make you sick.*

**Key Message: Cook to the right temperature**

- Color and texture are unreliable indicators of food safety. Using a food thermometer to check internal temperatures of cooked foods is the only way to ensure safe cooking temperatures.
- The food thermometer should be placed in the thickest part of the food, away from the bone, fat or gristle.

*See Is It Done Yet? Infographic located in the back of your packet. It shows internal cooking temperatures for meats.*

**Step 4: Chill**

*Oh no! It’s almost dinner time and someone forgot to thaw the chicken! It’ll be ok if I run it under hot water, won’t it?*

**Key Message: Refrigerate food promptly**

- The temperature in a refrigerator should be 40°F or below, and the freezer 0°F or below.
- Perishable food should be thawed in the refrigerator, in the microwave, or in cold water. It should never be thawed on the counter or in hot water.
- Don’t leave food at room temperature for more than two hours (one hour when the air temperature is above 90°F).
- Divide large pots of food, like soup or stew, into shallow containers. Cut cooked meat or poultry into smaller slices. Place in shallow containers, cover, and refrigerate.
Part 4

Applying Food Safety Knowledge to WIC

Now that you know the steps to prevent foodborne illness, let’s apply your knowledge. Who would like to share the WIC Nutrition Risks which apply to food safety?

Let’s run through some examples together. Raise your hand if you should mark the risk code Potentially Contaminated Foods for Infants, Children or for Women in the following scenarios:

1. Leslie says she makes homemade lemonade for her 3 year old.
2. Ella likes to eat cookie dough. Mom makes cookies once a week and Ella is 4.
3. Juan is the cook in his family. He loves using Queso Fresco from his cousin’s farm.
4. Joy-Ann is pregnant and she really craves sushi. She goes out to eat and gets an uncooked roll once or twice a month.
5. Stu mentioned they just returned from a great camping trip and the best part was the kids got to make their own lunch meat sandwiches. It was so easy; he’s going to keep that up all summer.
6. Maggie usually waits until dinner is over to put the leftovers away. Sometimes the kids want seconds.
7. Zin’s neighbor sometimes gives her fresh cow’s milk. She’s heard it’s better for you than store bought milk and her kids love it.

Group Discussion and Activity:

1. What WIC foods might pose a risk if handled improperly? Call them out.
2. Consider steps you could share with clients to help decrease the risk. Choose one WIC food you see on the wall. Write on a sticky note which step from Clean, Separate, Cook, Chill could help keep the WIC food safe. Place your sticky note on the food.
3. What trends do you notice about how to keep the WIC foods safe?
Part 5

Talking with clients and caregivers

Divide up into pairs. Take five minutes to play out the following scenario using Explore, Offer, and Explore. We will come back as a group to share your thoughts and questions.

Scenario using Explore, Offer, Explore:

Mom and her 18 month old son: “I’m so happy he’s finally on a sippy cup! He loves he carry it around all day with his milk in it.”

Explore (Open ended question):

Offer (Remember to ask permission before sharing a small piece of information):

Explore (Open Ended question):

Closing

Thanks for participating today.

Please fill out a Feedback Form- your input is greatly appreciated.
**Internal Cooking Temperatures**

"Is it done yet?"
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**CLEAN**
**SEPARATE**
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Slightly revised June 2014
Feedback Form

1. What did you like about this in-service?

2. How would you change or improve this in-service?

3. After receiving this training, name one thing you will do differently.

4. What topics for future in-services topics would you like?

5. What other comments or feedback do you have?
This institution is an equal opportunity provider.  
**Washington State WIC Nutrition Program doesn’t discriminate.**

For persons with disabilities, this document is available on request in other formats.  
To submit a request, please call 1-800-841-1410 (TDD/TTY 711).

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