

Food brought from home



Safe food handling at home is important. Young children and babies do not have fully developed immune systems, so they are more likely to become sick from eating unsafe food than healthy adults with a mature immune system.

Food handling includes activities such as preparing, storing and transporting food for children.

If food is prepared at home and taken to the children's service, it is a good idea for parents to work together with staff to provide safe food for their children.

Preparing

- Wash and dry your hands properly before preparing food
- Encourage everyone at home to always wash and dry their hands before eating or cooking, after using the toilet, after touching animals, after sneezing and coughing, and after handling rubbish
- Don't prepare food if you have an infectious illness
- Wash fruit and vegetables thoroughly in clean, drinking-quality water just before preparing
- Use a clean chopping board and knife each time, or thoroughly clean them between different food types (eg between raw and ready-to-eat food)
- Keep raw foods (eg raw meat, chicken, eggs) separate from cooked foods (eg frittata, cooked chicken) or ready-to-eat foods (eg sandwiches, cut fruit) to avoid spreading harmful bacteria through cross contamination

- Check 'use-by' dates so you don't use food that is out of date

Serving

- Make sure your fridge is set at 5°C or lower and that your freezer is working properly
- If you make lunch the night before, store it in the fridge overnight



Transporting

- Pack food in an insulated lunch box or a cooler bag
- Place a frozen drink bottle or ice block inside to help food stay cool
- Or pack food that doesn't need to be kept cold, eg sandwiches with shelf stable sandwich spreads (eg 100% fruit spread or Vegemite™), UHT dairy products and whole fruits (not cut up)

Supplying breastmilk or infant formula safely

Breastmilk or infant formula should be supplied in clean and sterilised bottles that are clearly labelled with the child's name and date of preparation.

Formula bottles that will be made up at the children's service should have the correct amount of boiled water or formula powder measured out (follow manufacturer's instructions carefully).

Breastmilk bottles or prepared formula bottles should be stored in the main part of the fridge (not in the door) until ready to be transported. They should be transported in a cooler bag or esky with an ice brick.

