

# Michigan Child Care Matters

All About Food Issue 93

## *From the Division Director*

As a licensed or registered child care provider, you must immediately report any suspected child abuse to Children's Protective Services (CPS). The Department of Human Services has established a centralized intake unit to ensure consistency across the state in how child and adult abuse and neglect complaints are documented and evaluated for assignment. Prior to this change, each county had a separate intake unit or person that handled abuse and neglect intake calls each day. The centralization of the intake process will consolidate all of the individual CPS and adult protective services (APS) intake functions into one physical location that is available by calling a toll-free number.

The centralized intake unit is in Grand Rapids and is now accepting and processing reports of alleged abuse and neglect 24 hours a day, seven days a week, throughout the year.

As a licensed or registered child care provider, you must make a written report within 72 hours in addition to the immediate verbal report. You can use the Report of Actual or Suspected Child Abuse or Neglect (DHS-3200) form. You can fax or email this form to centralized intake.

**(855) 444-3911 (Toll-free number for CPS & APS complaints)**  
(616) 977-1154 or (616) 977-1158 (FAX for DHS-3200 reports)  
[DHS-CPS-CIGroup@michigan.gov](mailto:DHS-CPS-CIGroup@michigan.gov) (email for DHS-3200 reports)

In addition to the information above, the following links may also be of assistance to you:

- The DHS-3200 which provides you with the information needed when a CPS complaint is made and serves as your written report as required by law:  
[www.michigan.gov/documents/dhs/DHS-3200\\_224934\\_7.pdf](http://www.michigan.gov/documents/dhs/DHS-3200_224934_7.pdf).
- The Mandated Reporter's Resource Guide (DHS Pub 112):  
[www.michigan.gov/documents/dhs/Pub-112\\_179456\\_7.pdf](http://www.michigan.gov/documents/dhs/Pub-112_179456_7.pdf).

Speak up about abuse and neglect. Call **(855) 444-3911** any time day or night. **One** number. **One** call. **One** person can make a difference. If you suspect abuse or neglect, call (855) 444-3911 now! ❖

  
**James S. Sinnamon**  
Child Care Licensing Division Director



MICHIGAN DEPARTMENT OF HUMAN SERVICES  
Bureau of Children and Adult Licensing  
Child Care Licensing Division  
[www.michigan.gov/michildcare](http://www.michigan.gov/michildcare)

*Michigan Child Care Matters - Spring 2012*

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## Lunch on Wheels

Kathleen S. Sinnamon, Area Manager  
Eaton County

**S**ome child care centers provide lunch that is catered in from an outside source. Licensing rules require those meals be prepared in a commercial kitchen, such as a cafeteria or restaurant, which is inspected regularly and approved by the local environmental health authority. The food must arrive in clean, covered and temperature-controlled metal warming units or carriers that are approved by the environmental health authority. Serving dishes and utensils are either returned to the commercial kitchen at the end of the meal or washed, rinsed and sanitized at the center.

To avoid spoilage or contamination, the temperature of any potentially hazardous food must be maintained at 41 degrees Fahrenheit or below or 140 degrees Fahrenheit or above until served. Hot foods may cool to 110 degrees or lower before serving to young children as long as the food is cooked to appropriate temperatures and the time at room temperature does not exceed two hours. Licensing rules require that an accurate metal stem-type food thermometer be used to check the temperature of the food prior to serving it. Keeping a record of food temperatures each day provides documentation of compliance with the rules.

There must be sufficient staff available to serve the food while assuring children are properly supervised. Once the food is served, it should not sit out for long periods of time. It is important that the children have completed hand washing and are at the table ready when the meal is served. Serving utensils must be used by staff or provided to the children if they serve themselves. All food remaining on individual plates and in serving dishes must be discarded at the end of the meal.

Family style meal service is recommended because it promotes social, emotional and gross and fine motor skill development as well as eye-hand coordination. It also teaches children independence and they learn about portion sizes, sharing and how to dish food onto their own plates.

Catering lunch from an outside source is a quick and easy way to provide hot meals to children in child care. Remember, this is considered food service so contact your licensing consultant before beginning this meal option. ❖

# Milk: The Whole Truth

Toni Stagray, Licensing Consultant  
Genesee County

**H**ave you ever thought about how many different types of milk there are? Some of the most commonly served types of milk include:

- Fat-free (skim) milk: 80 calories and 0 grams (g) of fat per 8-ounce (oz.) serving.
- Low fat (1%): 100 calories and 2.5g of fat per 8-oz. serving.
- Reduced fat (2%): 120 calories and 5g of fat per 8-oz. serving.
- Whole milk: 150 calories and 8g of fat per 8-oz. serving.

There is also evaporated, evaporated fat-free, sweetened condensed, flavored, soy, rice, lactose-reduced and lactose-free milks on supermarket shelves. Milk is one of the most nutritious choices that kids can make at home, at school or in child care. It is a natural, nutrient-packed food. It is a good source of nine essential nutrients that growing children need for good health and strong bones: calcium, potassium, phosphorus, protein, vitamin A, vitamin D, vitamin B-12, riboflavin, and niacin.

Licensing rules require child care facilities to provide food that meets the minimum meal requirements of the Child and Adult Care Food Program (CACFP). Milk must be served with all meals: breakfast, lunch and supper. Juice can be served with meals and snacks. However, pediatricians recommend children ages one to six drink no more than six ounces of juice each day. The CACFP requires that only 100% juice be served.

The CACFP requires that milk served be consistent with the most recent version of the Dietary Guidelines for Americans, unless parents provide milk for their child. These guidelines require:

- Whole homogenized vitamin D-fortified

cow's milk for children between the age of 12 months to two years.

- Fat-free (skim) or low-fat (1%) fluid milk for children two years of age and older.

Fluid milk must be pasteurized and meet Michigan and local standards. It may be flavored or unflavored. There is some controversy surrounding the use of flavored milk. According to the American Dietetic Association, it provides the *same essential nutrients* as white milk. Further, low-fat chocolate milk is the most popular milk choice in schools and ounce for ounce it has the same nutrients as unflavored milk.

There are many resources available on how to get children to drink more milk. A few suggestions are:

- Serve milk ice-cold - the way kids like it (between 35-40 degrees).
- Be a role model; when children see you drink milk, they will.
- Serve milk in special glasses or with a straw. ❖



# Meeting Nutritional Requirements

Catherine Edgar, Licensing Consultant  
Genesee County

**B**oth child care centers and child care homes must comply with the minimum meal requirements of the Child and Adult Care Food Program (CACFP), as administered by Michigan Department of Education, unless parents provide the food. This requirement must be met even if a center or home does not participate in this federally funded food program.

The easiest way to comply with these requirements is to enroll in the CACFP. If your center or home does not meet the eligibility requirements or you do not wish to participate in the CACFP, the chart of the meal pattern requirements will be an excellent tool to utilize when planning meals and will help you achieve compliance with the licensing rules.

Some of the commonly cited rules regarding food and nutrition involve portion sizes. For example, a child three to five years of age must receive at least  $\frac{3}{4}$  cup of milk for lunch. No more than 50% of the meat/meat alternative requirements can be met using nuts or nut butters. So, if you are serving peanut butter

sandwiches for lunch, you must also have another meat or meat alternative as well, such as cheese or a hard-boiled egg.

Another commonly cited rule regarding food and nutrition is that children must be served two or more kinds of vegetables and/or fruits for lunch or supper. An example of how to comply with this requirement would be offering peaches as well as green beans for lunch. A second example would be serving children a vegetable medley, as this would include two or more kinds of vegetables.

Remember, child care provides most children with two-thirds of their nutritional intake for the day. By offering a wide variety of different foods, you are introducing children to food that they may not ever experience at home. Children are also more likely to try new foods when eating together with their peers in child care as opposed to in their home. By providing nutritious meals and snacks, you are not only meeting the licensing rules, but helping children learn healthy eating habits that will be with them for the rest of their lives. ❖

## Child and Adult Care Food Program - Meal Pattern Requirements

<b>Breakfast</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12</b>
• <b>Milk, fluid</b> <sup>1</sup>	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
• <b>Vegetable, fruit or full strength juice</b> <sup>2</sup>	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
• <b>Grains/Breads</b> <sup>2</sup> (whole grain or enriched)			
Bread	$\frac{1}{2}$ slice	$\frac{1}{2}$ slice	1 slice
or cornbread, rolls, muffins or biscuits	$\frac{1}{2}$ serving	$\frac{1}{2}$ serving	1 serving
or cold dry cereal (volume or weight, whichever is less)	$\frac{1}{4}$ cup or	$\frac{1}{3}$ cup or	$\frac{3}{4}$ cup or
or cooked cereal, pasta, noodle products, or grains	$\frac{1}{3}$ oz	$\frac{1}{2}$ oz	1 oz
	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup

Center licensing rule 400.5110(5) states menus shall be planned in advance, shall be dated, and shall be posted in a place visible to parents. Food substitutions shall be noted on menus. Substitutions should be noted as soon as the center is aware the substitution will occur.

<b>Lunch/Supper</b>			
• <b>Milk, fluid</b> <sup>1</sup>	½ cup	¾ cup	1 cup
• <b>Vegetable and/or fruit (2 or more kinds)</b> <sup>3</sup>	¼ cup total	½ cup total	¾ cup total
• <b>Grains/Breads</b> <sup>2</sup> (whole grain or enriched)			
Bread	½ slice	½ slice	1 slice
or cornbread, rolls, muffins or biscuits	½ serving	½ serving	1 serving
or cooked cereal grains, pasta, or noodle products	¼ cup	¼ cup	½ cup
• <b>Meat or Meat Alternates</b> <sup>2,4</sup>			
Lean meat, fish or poultry	1 oz	1 ½ oz	2 oz
or alternate protein products <sup>6</sup>	1 oz	1 ½ oz	2 oz
or cheese	1 oz	1 ½ oz	2 oz
or cottage cheese, cheese food, cheese spread	2 oz (¼ cup)	3 oz (⅜ cup)	4 oz (½ cup)
or yogurt	4 oz (½ cup)	6 oz (¾ cup)	8 oz (1 cup)
or egg	½ egg	¾ egg	1 egg
or cooked dry beans or dry peas	¼ cup	⅜ cup	½ cup
or peanut butter, soy nut butter, or other nut or seed butters <sup>5</sup>	2 Tbsp	3 Tbsp	4 Tbsp
or peanuts, or soy nuts, tree nuts, or seeds <sup>5</sup>	½ oz	¾ oz	1 oz
<b>Snack - Select 2 of the following 4 components</b>			
• <b>Milk, fluid</b> <sup>1</sup>	½ cup	½ cup	1 cup
• <b>Vegetable, fruit or full strength juice</b> <sup>2,7</sup>	½ cup	½ cup	¾ cup
• <b>Grains/Breads</b> <sup>2</sup> (whole grain or enriched)			
Bread	½ slice	½ slice	1 slice
or cornbread, rolls, muffins or biscuits	½ serving	½ serving	1 serving
or cold dry cereal (volume or weight, whichever is less)	¼ cup or	⅓ cup or	¾ cup or
or cooked cereal grains, pasta, or noodle products	⅓ oz	½ oz	1 oz
or cooked cereal grains, pasta, or noodle products	¼ cup	¼ cup	½ cup
• <b>Meat or Meat Alternates</b> <sup>2</sup>			
Lean meat, fish or poultry	½ oz	½ oz	1 oz
or cheese	½ oz	½ oz	1 oz
or cottage cheese, cheese food, cheese spread	1 oz (⅛ cup)	1 oz (⅛ cup)	2 oz (¼ cup)
or yogurt	2 oz (¼ cup)	2 oz (¼ cup)	4 oz (½ cup)
or egg	½ egg	½ egg	½ egg
or cooked dry beans or dry peas	⅛ cup	⅛ cup	¼ cup
or peanut butter, soy nut butter, or other nut or seed butters <sup>5</sup>	1 Tbsp	1 Tbsp	2 Tbsp
or peanuts, soy nuts, tree nuts, or seeds <sup>5</sup>	½ oz	½ oz	1 oz

<sup>1</sup> See rules R 400.5205, 400.5205a, 400.5205b regarding milk requirements.

<sup>2</sup> Or an equivalent quantity of any combination.

<sup>3</sup> Full-strength vegetable or fruit juice may contribute to no more than one-half of this requirement.

<sup>4</sup> Cooked lean meat without bone or breading.

<sup>5</sup> No more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to meet the requirement.

<sup>6</sup> The alternate protein product must contain at least 18% protein by weight when fully hydrated or formulated.

<sup>7</sup> Juice may not be served when milk is served as the only other component.

# The Child and Adult Care Food Program

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Consultant, Child and Adult Care Food Program

**G**ood nutrition pays! The Child and Adult Care Food Program (CACFP) provides federal funds to child care facilities to serve nutritious meals and snacks. The goal of the CACFP is to improve and maintain the health and nutritional status of children in care while promoting the development of good eating habits. All registered and licensed child care home providers are eligible to participate. A center is eligible if it receives title XX funds for at least 25 percent of enrolled children or of their licensed capacity (whichever is less) or at least 25 percent of enrolled children are eligible for free and reduced price meals under the National School Lunch Program.

Participating centers and child care home providers may be approved to receive reimbursement for up to two meals and one snack or two snacks and one meal per child per day. Meals and snacks must meet the meal pattern requirements identified in the CACFP regulations. Current reimbursement rates are:

CATEGORY	BREAKFAST	LUNCH/SUPPER	SNACK
Category A (Free) Child	\$1.51	\$2.77	\$0.76
Category B (Reduced) Child	\$1.21	\$2.37	\$0.38
Category C (Paid) Child	\$0.27	\$0.26	\$0.07

**An additional .2225 cents cash-in-lieu of commodities is paid for each lunch and supper served.**

In addition to receiving reimbursement for serving nutritious meals and snacks, CACFP program staff conduct ongoing training and provide consultation and resources on various topics such as nutrition, meal planning and menus, record-keeping, and budgeting. In addition, participation with the CACFP can be used as a marketing tool. Parents can be assured that their children receive nutritious meals and snacks while in care.

Family and group child care homes apply for CACFP participation under the auspices of a Family Day Care Home (FDCH) sponsor. Child care centers apply for CACFP participation directly with the Michigan Department of Education as an independent center or with a FDCH sponsor under the auspices of a sponsoring organization of centers.

Children must be enrolled in the child care program and within the regulatory age limits: 0-12 years old; migrant children 0-15 years old; and all handicapped children, regardless of age, if the majority of the enrollees in the child care center are 18 years old or younger; and youth through age 18 in eligible after-school programs.

For more information, contact the CACFP at (517) 373-7391 or visit the CACFP website at [www.michigan.gov/cacfp](http://www.michigan.gov/cacfp). For a list of FDCH sponsors that serve your county, please contact the CACFP or visit the Program Information section on the CACFP website. ❖

# Making Healthy & Nutritious Food and Beverage Choices

*Healthy Kids, Healthy Michigan*

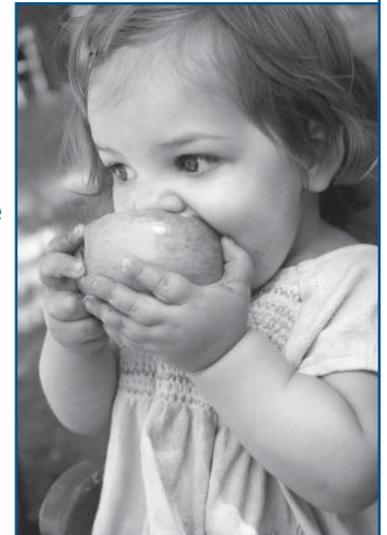
**O**besity among preschool children has more than doubled in the United States over the last 30 years and has become a leading health issue. Children in your care could be at risk of becoming overweight or obese. Simple changes can help avoid lifelong health problems including heart disease, diabetes, asthma, sleep apnea, tooth decay, discrimination based on weight, low self-esteem, and adult obesity.

## Did you know?

- You can help fight childhood obesity by decreasing or eliminating children's consumption of concentrated sugars. Concentrated sugars provide calories with little to no nutritional value and reduce children's appetite for healthy foods.
- Even 100 percent juice is high in sugar and provides fewer nutritional benefits than fresh fruit.
- Replacing sweetened drinks with water is an inexpensive and easy way to keep children hydrated and healthy.

## What Can You Do?

- Serve clean drinking water throughout the day, making it available to children over the age of one, indoors and out, during meals and when children are thirsty.
- Serve only 100 percent juice, water or milk to children over the age of one. Do not serve juice to children under the age of one.
- Limit 100 percent juice to one serving per day for children ages one to six, given only during meals or snacks.
- Serve fresh fruits instead of juice. Make it fun: have children help in preparation, guess the fruit, sing songs about fruit and create drawings of their own fruit.
- Encourage staff to model healthy behavior by drinking water.
- Educate those who plan menus and prepare food to promote healthy eating. Provide them with information and training on childhood obesity prevention.



## How Can You Partner with Your Children's Families?

- Share information about childhood obesity and its impact on children's health.
- Provide tip sheets on the impact of sugar-sweetened foods and beverages and how families can help make the change to healthier beverages and foods.
- Share what you are doing to increase water and fruit consumption.
- Ask for your parents' support in replacing sugar-sweetened drinks in children's lunches with water or low-fat or fat-free milk and modeling water consumption at home.

The foods and beverages served to children in child care and the eating habits that parents and child care providers model can have a significant impact on childhood obesity and healthy lifestyles. ❖

*For more information on healthy snacks, view the Child Care Licensing publication "Snacks that Count" online at [www.michigan.gov/michildcare](http://www.michigan.gov/michildcare) > Resources.*

# All About Bottles

Jessica Coates, Licensing Consultant  
Eaton County

There are specific licensing rules that apply to child care centers and homes that use bottles to feed children. Many of these rules apply regardless of whether the child's parent or the child care facility provides the bottles. While a lot of the information below is not a requirement for child care homes, they are considered best practices for preparing and serving bottles to children and it is recommended that child care homes also follow them.

Bottles used in both child care centers and homes must be labeled with the child's first and last name and the date, regardless of the number of children in care who use bottles. This rule applies whether the child's parent or the provider prepares the bottles. Having bottles identified as to the child they are intended for helps reduce the likelihood of cross-infection and contamination. It also ensures that children receive the food that was intended for them. The dating of bottles allows providers to monitor for spoilage. Bottles used in child care centers must also be labeled as to the contents, and bottles containing breast milk must be labeled with the date of collection.

Pre-made bottles must arrive at child care centers clean, sanitary, assembled, and ready-to-feed. If the child care center prepares the bottles, only commercially prepared, ready-to-feed formula or milk may be used. Powdered formula can only be used to prepare bottles on-site in child care homes.

Bottles for both child care homes and centers must be refrigerated until they are ready to be used for a feeding. Child care centers must also ensure that bottles are warmed in a safe, appropriate manner. This can be accomplished by placing the bottle under warm running water; in a container of water, such as a slow cooker, crock pot or pan on the stove that is no warmer than 120 degrees Fahrenheit or in a bottle warmer made specifically for this purpose. Bottles in centers cannot be warmed at room temperature or in a microwave. Bottles warmed at room temperature or in warm water for an extended period of time have an increased risk of bacteria growth, and bottles warmed in microwaves are likely to have hot spots that can scald a child's mouth or throat.

Child care centers must also ensure that once bottles have been heated, they are shaken or stirred to distribute the heat and that the temperature of the bottle is tested before it is used for a feeding. It is important to ensure that bottles are not excessively shaken as this increases the likelihood that air will be fed to the child. The excessive shaking and heating of breast milk may also damage some of the cellular components of the milk that are valuable to the infant.

Both child care centers and homes must ensure that once a bottle has been used for a feeding for a period that exceeds one hour from



the beginning of the feeding, or has been unrefrigerated for an hour or more, the contents are discarded. The bacteria from saliva make formula or milk consumed over a period of more than one hour unsuitable and unsafe for consumption. Child care centers must also discard any formula or milk left in a bottle at the end of a feeding. Using smaller amounts of formula or milk per bottle can help reduce the amount that must be discarded for children who do not finish their entire bottle during feeding.



Child care centers must assure that disposable nipples and bottle liners are only for a single use. Bottle liners in unused bottles containing formula must be discarded along with the formula after 48 hours or after 24 hours for milk.

At the end of each day, child care centers must return any unopened ready-to-feed bottles to the child's parent. Bottles cleaned at child care centers must be sterilized after being washed in detergent and warm water and rinsed in clear water. Centers can sterilize bottles and nipples by boiling them for 10 minutes in a pot of water or by washing them in a commercial dishwasher or in one that has a sanitizing cycle.

There are many rules that apply to child care homes and centers regarding the use of bottles and they are outlined in the chart below. It is important to ensure that all individuals who handle and serve bottles know these requirements. This helps to keep the children in care safe and healthy. ❖

<b>Licensing Rules on Bottles</b>	
<b>Child Care Homes</b>	
R 400.1931 (10)	Bottles used for feeding shall be labeled with the child's name and date, and refrigerated.
R 400.1931 (11)	The contents of a bottle that has been used for feeding for a period that exceeds one hour from the beginning of the feeding, or has been unrefrigerated for one hour or more shall be discarded.
R 400.1931 (12)	Children shall not have beverage containers while they are in bed or while they are walking around or playing. The propping of bottles is prohibited.
<b>Child Care Centers</b>	
See the licensing rulebook for the full rules regarding bottles, infant feeding and formula preparation in child care centers:	
R 400.5205	Formula, milk, foods generally.
R 400.5205a	Formula, milk, food provided by parents.
R 400.5205b	Formula, milk, provided by center.

# Introducing Solid Foods to Infants

Katrice Sweet, Licensing Consultant  
Eaton County

It is important to know when and how to start introducing new foods to infants in order to have successful outcomes. Feeding solid foods to an infant too early can cause the infant to develop food allergies or intolerances. The infant may also consume less breast milk or formula and therefore, not ingest enough calories and other nutrients needed for proper growth and development. An infant's weight or how often he or she eats does not determine his or her readiness for solid foods, and eating solids foods before ready will not help an infant sleep through the night. An infant's digestive system is not developmentally ready to process solid foods until they are between four and six months of age.

The decision to start feeding an infant solid food should be made by the infant's parent with guidance from the infant's doctor. To make it easier to identify a possible food allergy or intolerance when introducing foods, follow and coordinate these steps with the parent:

- Have the parents introduce a new food to the infant at home.
- Feed a small amount (one to two teaspoons) at a time.
- Feed only single-ingredient foods.
- Wait at least one week before introducing another new food.
- Observe the infant closely for reactions after feeding a new food.



Ongoing communication between the caregiver and the parent is essential for successfully introducing solid foods. Caregivers should ask parents regularly what foods the infant is eating and what new foods have been introduced. Caregivers may have a list of infant foods and ask the parent to circle which foods the infant has tried and if any of the foods caused a reaction. Caregivers in centers are required to record the food consumed, bowel movements and number of wet diapers, sleep patterns, and other important notes regarding the infant each day. This will help to identify foods that an infant has a reaction to, has trouble digesting, or refuses to eat.

An infant having an allergic or other reaction to food may have any of these symptoms:

- Diarrhea.
- Vomiting.
- Coughing and wheezing.
- Congestion or stuffiness.
- Ear infection.
- Stomach pain.
- Hives or a skin rash.
- Extreme irritability.

More severe reactions, such as shock or difficulty breathing, may also occur. If an infant has a severe reaction to a food, contact the emergency medical service in your area immediately

and his or her parent. If a non-severe reaction has occurred, the parent should consult with the infant's doctor before offering the food again.

To successfully introduce new foods to infants, it must be done in close cooperation with parents. Keeping reliable records of the foods introduced and any type of reaction will help you and the parents detect a food allergy or intolerance. Avoiding foods that cause a negative reaction will keep the infant healthy and happy. ❖

Center Rule 400.5205(6)(d) - Formula; milk; food generally.

**(6) When serving solid foods, the center shall assure that caregivers do the following:**

**(d) Foster toddler's independence and facilitate language and social interactions by doing the following:**

**(i) Encouraging self-feeding.**

**(ii) Serving appropriate portion sizes.**

**(iii) Sitting and eating with toddlers during meal times.**



As children enter the second year of life, they are interested in doing things for themselves. Self-feeding appropriately separates the responsibilities of adults and children. The adult is responsible for providing nutritious food, and the child decides how much of it to eat. Self-feeding promotes the proper development of motor skills, eating habits and fosters self-esteem and self-help skills.

A child does not eat the same amount each day because appetites vary. Serving small-sized portions and permitting children to have one or more additional servings meets the needs of individual children.

An important part of meal time for children is being with the caregiver. As you sit and eat with a child, you are able to model table manners and the appropriate way to use utensils, foster self-help skills, encourage trying new foods, encourage social interactions and conversations, discourage excessive playing with food and help avoid choking scenarios. This time together is essential to a child's emotional and physical development. When well-planned and executed, meal times can be relaxing and a great opportunity to learn more about each toddler's skills. ❖

## Handling Foods in Child Centers

Child Care Center Licensing Rule 400.5902c(3) requires that food be prepared with the least possible manual contact. Per environmental health, least possible manual contact means no contact with bare hands for ready-to-eat foods. Ready-to-eat foods are any foods that don't require any or additional cooking prior to consumption. Ready-to-eat foods must be prepared and served using suitable utensils. Items such as gloves and deli tissue are considered utensils.

# Cooking Food to Proper Temperatures

Colleen Nelson, Child Care Program Consultant  
Eaton County

**B**efore serving food, the center must use an accurate metal stem-type food thermometer to check the temperature. To properly measure the temperature, the thermometer must be inserted into the center of the food mass from several different spots. All foods cooked in a microwave must be allowed to stand for two minutes after cooking to obtain temperature equilibrium prior to taking the temperature.

General Safe Cooking Temperatures		
Type of Food - Includes Pre-Cooked Foods	Temp	Time*
Fruits and vegetables	140°F	
Pork – ham, bacon and injected meats	145°F	15 sec.
Beef steaks, veal, lamb, and commercially raised game animals	145°F	15 sec.
Fish, foods containing fish	145°F	15 sec.
Raw shell eggs prepared for immediate service	145°F	15 sec.
Beef and pork roasts	145°F	3 min.
Eggs cooked for later service	155°F	15 sec.
Ground or flaked beef and pork	155°F	15 sec.
Poultry (including turkey)	165°F	15 sec.
Stuffing, stuffed meats, casseroles and other dishes combining raw and cooked foods	165°F	15 sec.
Egg dishes	165°F	15 sec.
Potentially hazardous foods cooked in microwave (meat, poultry, fish, eggs, etc.)	165°F	Let stand for 2 min. before taking temp.
*Time is the amount of time the thermometer must be inserted into the food item prior to reading the temperature. The time is important because it takes that long for the temperature to register and provide an accurate reading.		

To avoid spoilage or contamination, the temperature of any potentially hazardous food must be maintained at 41 degrees Fahrenheit or below or 140 degrees Fahrenheit or above until served. Hot foods may cool to 110 degrees or lower before serving to young children as long as the food is cooked to appropriate temperatures and the time at room temperature does not exceed two hours.

Food preparation, service and consumption time should not exceed four hours.

It is recommended that centers document food temperatures as a way to demonstrate compliance. One way to document food temperatures would be to note them on daily menus and to retain the menus for the center's records. ❖

# Cooling and Reheating Potentially Hazardous Foods

Jacquelin Sharkey, Area Manager  
Macomb County

Food naturally contains bacteria, and some food may contain food-poisoning bacteria. Under the right circumstances, bacteria can multiply very quickly to dangerous levels. If this occurs, the result can be a food-borne illness. Improper cooling and reheating of potentially hazardous foods are causes of bacterial growth and food-borne illness.

Potentially hazardous food means any food that consists, in whole or in part, of milk products, eggs, meat, poultry, seafood or other ingredients capable of supporting rapid and progressive growth of infectious or toxigenic micro-organisms.

After eating or serving this type of food, the leftovers must be properly cooled. The proper cooling techniques require that food be cooled within two hours from 140 degrees Fahrenheit to 70 degrees Fahrenheit and within another four hours from 70 degrees Fahrenheit to 41 degrees Fahrenheit or less. Following these guidelines will help prevent bacterial growth.

While there is no set temperature food should be before it is placed in the refrigerator or freezer, it is best practice to keep it out of the refrigerator or freezer when it is still steaming hot. If food is placed in the refrigerator or freezer when it is too hot, it can cause:

- Condensation to build up between the cover and the food. Condensation can promote bacterial growth.
- The temperature to go up in the refrigerator or freezer.

When reheating the potentially hazardous food that has been cooked and then refrigerated or frozen, it must be reheated within two hours to 165 degrees Fahrenheit or higher throughout before being served. This procedure destroys the bacteria in the food that can cause food poisoning.

Meal and snack times are important parts of the child care day. Following these guidelines when cooling and reheating potentially hazardous foods will help prevent food-borne illnesses and keep the children in care healthy. ❖

An accurate metal stem-type food thermometer is one that is properly calibrated and ranges from 0 degrees Fahrenheit to 220 degrees Fahrenheit. Thermometers should be calibrated regularly. To calibrate, place the thermometer into an ice water bath two to three inches deep for about one minute. It should read 32 degrees Fahrenheit. If not, adjust the thermometer to read 32 degrees Fahrenheit. Note that some thermometers do not need to be calibrated. Check with the thermometer manufacturer.

The thermometer should be cleaned and sanitized before inserting it into a different type of food and between uses. The best way to clean and sanitize a thermometer is to wipe it with an alcohol swab. If an alcohol swab is not available, then it can be cleaned and sanitized by:

- Rinsing it and then sanitizing it with a sanitizing solution, if no food is stuck to it.
- Washing it with soap and water, rinsing it and then sanitizing it with a sanitizing solution, if food is stuck to it.

# Proper Sanitation

Jessica Coates, Licensing Consultant  
Eaton County

Child care centers must assure that all tableware, utensils, food contact surfaces, and food service equipment is thoroughly washed, rinsed and sanitized after each use. In addition, food contact surfaces must be washed, rinsed and sanitized after being used for any other purpose, such as an art project. Child care centers must clean multi-use tableware and utensils using one of the following methods:

- A commercial dishwasher.
- A domestic dishwasher with a sanitizing cycle.
- A three-compartment sink with adequate drain boards.
- A two-compartment sink with adequate drain boards to be used for washing and rinsing and a third container suitable for submersion in sanitizing solution.

If a manual washing method is used, these steps must be followed:

- Rinse and scrape all utensils and tableware before washing.
- Thoroughly wash in detergent and water.
- Rinse in clear water.
- Sanitize by immersion for at least 30 seconds in clean, hot water that is at least 170 degrees Fahrenheit or immersion for at least one minute in a sanitizing solution containing between 50 and 100 parts per million of chlorine or a comparable sanitizing agent at a temperature of at least 75 degrees Fahrenheit. Test strips, available from most food service suppliers, must be used to assure proper parts per million concentration. ❖

## Wash, Rinse, Sanitize

The wash, rinse and sanitization process for child care homes and centers is:

- Washing the surface or item vigorously with soap and water.
- Rinsing the surface or item with clean water.
- Submerging, wiping or spraying the surface or item with a sanitizing solution.
- Letting the surface or item air dry. **Note:** Tables and high chairs can be dried with a single-service towel if they must be used prior to completely air drying.

Sanitizing solutions include but are not limited to:

- Water and non-scented chlorine bleach with an EPA number indicating an approval for food sanitizing. The concentration must be between 50-200 parts per million. Test strips, available from most food service suppliers, can be used to check the concentration. This solution must be made daily.
- Commercial sanitizers labeled as safe for food contact surfaces that are used according to the manufacturer's instructions.

Providers are encouraged to use separate spray bottles containing soapy water, rinse water and a sanitizing solution.

# Professional Development Opportunities

## Michigan College Access Network Conference - Measuring What Matters

April 30, 2012

East Lansing, Mich.

[www.micollegeaccess.org/events/2012-conference](http://www.micollegeaccess.org/events/2012-conference)

## Michigan AfterSchool Association Collaborative Summer Summit

May 11, 2012

East Lansing, Mich.

[www.miafterschool.com](http://www.miafterschool.com)

## Great Start CONNECT, [www.greatstartconnect.org](http://www.greatstartconnect.org),

☎ (877) 61GreatStart [(877) 614-7328].

## HighScope Training Opportunities, [www.highscope.org](http://www.highscope.org),

☎ (734) 485-2000, ext. 234.

### Licensing Applications are Going Online

Licensing has been working with the Department of Technology, Management & Budget (DTMB) for several years to create an online application for child care licenses and registrations.

The **Original** application will be filled out directly by a prospective applicant online. Once payment is submitted (via credit card or electronic check), the online application will be downloaded directly in licensing's computer system. Licensing staff will be notified when submission occurs for review and further processing. This application process is scheduled to go live in late March.

The online **Renewal** application will become available later this year. It will merge an electronic application with information from licensing's database to populate the application. The merged application will be electronically available for review by the licensee/registrant. The licensee/registrant will be notified of the pending renewal via email. A paper copy of the renewal packet will be mailed to the licensee/registrant, informing the person of the option to renew online; paper copies will eventually be phased out and renewing online only will be the only option available to licensees/registrants. ❖

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## Consumer Product Safety Commission (CPSC) Infant/Child Product Recalls (not including toys)

These recalls have been added since Issue 92 of MCCM (December 2011):

- Swing sets recalled for repair by BCI Burke due to fall hazard.
- Kelty recalls jogging strollers due to fall and injury hazards.
- Bumbleride recalls Indie & Indie Twin strollers due to fall hazard.
- Chariot Carriers recalls child bicycle trailers and conversion kits due to injury hazard.
- The Land of Nod recalls bed frames due to entrapment hazard.
- IKEA recalls to repair high chairs due to fall hazard.
- Bugaboo car seat adapter recalled due to fall hazard.
- Bugaboo Bee strollers recalled by Bugaboo Americas due to fall hazard.

Details on these product recalls may be obtained on the CPSC's website at [www.cpsc.gov](http://www.cpsc.gov).

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**Department of Human Services**

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