

Dear Parents

Great that you want to bring something tasty from home to the Kindergarten.

So that the joy of celebrating and feasting is not spoilt for everyone, you should heed the following information and tips on how to handle food and ingredients hygienically.

Food is spoilt by undesirable microorganisms.

These are small organisms which exist everywhere – in the air, on the hands, on food, on kitchen towels etc.

Salmonella, for example, are unwelcome microorganisms that produce substances which cannot be seen, smelt or tasted. After consumption – roughly between five hours and seven days – diarrhoea, vomiting, stomach pain, head-aches, nausea, fever and sometimes more serious complications can however arise.

Salmonella occur especially in animal products which are not sufficiently heated: in poultry, eggs or meat and in meals prepared using these ingredients.

The more unwelcome microorganisms in food are, the higher the chances that people who have eaten the food will become sick.

You should *not* bring the following dishes to the Kindergarten

- Raw minced meat, “Hackepeter”, Tatar
- Raw sausages which can be used as spread e.g. ground beef or pork, smoked pork paté
- Raw milk and raw milk products e.g. raw milk cheese
- Not sufficiently cooked meat e.g. meatballs, chicken thighs (Check if that they are cooked through!)
- Smoked salmon, gravled salmon and raw fish products such as sushi
- Dishes with raw eggs e.g. self-made mayonnaise or sweet dishes with raw eggs
- Ice-cream, that was, or is defrosted
- Poultry salad
- Bakery products with unbaked filling e.g. cream cakes, cream puffs

Further information and practical advice can be obtained from:

The “Trained personnel for healthy child nutrition” in your Kindergarten or from

Leibniz-Institute for Prevention Research and Epidemiology - BIPS GmbH

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What you should observe when you bring food in the Kindergarten



Information and Tips
(not only) for Parents

Please note the following hints on how to handle food hygienically

Keeping food cool

Foods which are principally stored in the refrigerator have to be transported under cooled conditions. A chilly bin or a cooling bag with sufficient coolers is sufficient. This way the refrigerator temperature can be maintained for two hours.

In the refrigerator, easily perishable foods such as meat and meat products, fish, eggs, milk and milk products and all meals which are prepared using these ingredients should be stored at a temperature of maximum 7° Celsius, so that bacteria which they contain do not, or only slowly multiply.

Expiry date

Concerning duration of storage, attention should be paid to the expiry date and the minimum stability date written on the package.

Defrosting

Prior to preparation, frozen meat and poultry should be taken out of the packaging and defrosted. Should the meat not be defrosted, the required core-temperature of +80°C might not be reached in bigger pieces.

Throw away the thawed water as it could contain Salmonella. Clean all items which might have come into contact with the thawed water very carefully e.g. bowls, work surfaces, refrigerator draws, cleaning cloths etc ...



Heating dishes

Heat the dishes up sufficiently. This means that all parts must be brought to a temperature of at least 80° Celsius.

How can this be controlled?

1. Possibility:

Poultry: Meat should not remain pink. Bones should come away easily from the meat.

Cooked Eggs: Cooking time of at least 10 minutes, then is the yolk hard.

Minced Meat: Regular grey colour, with meat-balls, the inside shouldn't still be red.

2. Possibility:

Using a Food Thermometer.

Baking

Always prepare dough which contains eggs e.g. waffle dough, just before use and store it cool. Baking products should always be thoroughly baked!

Cooling hot dishes

Cool hot dishes in shallow containers - they cool faster this way.

When preparing potato or pasta salads, or other mixed dishes, cool the cooked ingredients before mixing the salad.

Re-heating

Cooled food for further consumption should be re-heated to a minimum of 80° Celsius, only then are the micro-organisms which develop despite storage under cool conditions killed.

Perishable foods

Easily perishable foods should always be used quickly. The longer food is exposed to warmth, the greater the danger of germs breeding.

Handling prepared meals

Do not touch prepared meals with your hands as you can transmit germs onto the food in this way.