

Optional Questions to Elicit Dietary-Code Risks for Inappropriate Nutrition Practice

Food Safety Questions for Prenatal, Children and Infant Categories,

Instruction: Any “no” answer constitutes the use of dietary risk code D427 Inappropriate Nutrition Practices for infants, children and pregnant women for the ingestion of potentially harmful microorganisms.

1. Do you wash your hands with soap and warm water for 20 seconds before and after preparing food and eating food?
2. Do you wash your hands thoroughly after handling meat, fish, or poultry?
3. Do you avoid eating raw eggs, raw meat, and raw seafood?
4. Do you eat and drink only *pasteurized* milk products?
5. Do you keep hand soap and a *clean* towel by your kitchen sink?
6. Do you scrub out your sink regularly?
7. Do you avoid rinsing meat before cooking it?
8. Do you *thoroughly* cook all meats?
9. Do you follow proper cooking times and temperatures?
10. Do you thoroughly wash utensils and plates between using them with uncooked meat, poultry, or fish and reusing them to serve cooked or raw foods?
11. Do you avoid keeping fresh poultry or meat in the refrigerator for more than two days?
12. Do you marinate meats in the refrigerator?
13. Do you avoid using the marinade from meats unless it is boiled for at least 5 minutes first?
14. Do you always reheat leftover foods to at least 165 degrees F° ?
15. Do you toss any leftovers that haven't been eaten within 3 days?
16. Do you dispose of any baby food after it's been opened in the refrigerator after 2 days?
17. Do you avoid reusing bottles or cups after someone else (including a baby) has used them, even if the contents have been refrigerated?
18. Do you rinse fruits and vegetables well under running water before eating them, even if they will be peeled?
19. Do you change your dish cloths and towels daily and/or use paper towels rather than sponges for kitchen clean-ups?
20. Do you clean your sponges and scrubbers in the dishwasher at least weekly or follow other methods to sanitize them often?
21. Do you keep pets off your countertops and sanitize countertops as needed?
22. Do you always wash your cutting boards with hot soapy water or in the dishwasher between uses and sanitize when needed?
23. Do you avoid thawing foods on the counter?
24. Do you only use one of the three acceptable methods for thawing foods safely: in the refrigerator, in the microwave, or in cool water that is changed frequently?
25. If you thaw foods by microwave or cool water, do you cook the food immediately after it's thawed?
26. Do you use a food thermometer when cooking?
27. Do you cool hot foods in shallow containers in the refrigerator?
28. Do you always tightly wrap or close leftovers before putting them into the refrigerator?
29. Do you check the temperature of your refrigerator regularly and keep it below 40 F° ?
30. Do you check to make sure that your freezer stays at 0 degrees F° or lower?
31. Do you regularly clean out your refrigerator using hot soapy water?
32. Do you refrigerate all perishable food within 2 hours?
33. Do you label and date all leftover foods and lunch meats before storing them in the refrigerator?
34. Do you discard leftovers and opened packages of lunch meat after 5 days in the refrigerator?

Adapted from. Lisa Shulman and <http://www.fshn.cahs.colostate.edu/Food%20Safety%20Materials/Home%20Food%20Safety%20Checklist-SB.pdf>
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