

Keep it Clean

The Cook

Always wash hands before preparing food.

Use soap and warm water for 20 seconds.



Do not make baby food if you have an open cut or sore as this could spread germs into what baby eats.

Work Area

Clean and sanitize countertops.

Separate cooked and raw foods.

Do not use the same cutting board or knife for raw and cooked foods. This spreads bacteria and can make baby sick.

Storage

Use a clean ice tray for freezing.

Store frozen cubes in clean plastic bags or containers.

Be sure food stays frozen.

Sanitizing Solution

- *Mix 1 tsp. bleach into 1 quart (4 cups or 32 oz.) water.*
- *Using the right amount of bleach in water and not rinsing it off is a safe and approved way to sanitize.*
- *Dip all clean dishes and utensils.*
- *Wet clean sponge or cloth and wipe counters.*
- *No need to rinse.*

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For more about food safety:

- www.fightbac.org
- www.foodsafety.gov

Oklahoma Nutrition Information and Education
w3.ouhsc.edu/onie



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Make Your Own Baby Food

