



Mealtime Memo

for Child Care

Power Outages and Food Safety P.01-P.02



Fruit of the Month P.02

Recipe of the Month P.03

Safe Water During Emergencies P.03

References P.04



Power Outages and Food Safety

What would you do if you lost power at this very moment in your child care facility? How would you assure the safety of the food in your facility? Developing an emergency plan in advance can help reduce the confusion during a hectic situation.

Planning for a Power Outage

There are several things you can do to begin planning for power outages. First, routinely check refrigerators and freezers to see if appliance thermometers are available and in working condition. Keep extra appliance and food thermometers on hand and in an easily accessible location.

Second, keep an adequate supply of potable water in your inventory. You will need clean water for washing hands and dishes, brushing teeth, washing produce, and cooking, in addition to drinking water.

Another idea is to freeze water in clean, food-grade containers to fill in empty space in the freezer. Remember

Are You Ready?

to leave enough room in the container for overflow of the ice and to prevent breakage if the container is covered with a lid. By reducing the amount of empty space in a freezer, the ice can help keep food safe for longer periods of time. The ice can also serve as a water source.

Also, keep frozen gel packs in the freezer. The frozen gel packs can be placed in coolers to help keep food cold during the power outage.

Lastly, consider preparing an emergency meal supply box that includes items such as:

- bottled water,
- shelf stable foods in cans or pouches,
- a meal that meets CACFP requirements,

Power Outages and Food Safety continued on page 2

Planning for a Power Outage



- a can opener,
- disinfectant wipes,
- paper products, and
- disposable utensils.

During a Power Outage

Keep refrigerator and freezer doors closed as much as possible. Opening the doors reduces the cold temperature of foods and allows for the possibility that the food will be in the temperature danger zone (40 °F – 140 °F).

Consider freezing some refrigerated foods, such as raw meats, poultry, or leftovers, to extend the shelf life. These foods can be thawed safely in the refrigerator when the power returns. Move refrigerated foods to a cooler when power outages exceed four hours, and use ice or frozen gel packs to keep foods cold. Replace the ice and gel packs as needed.

During a power outage or natural disaster, clean, drinkable water is a major concern. Having an adequate supply of items during an emergency can assure the safety of the food in your facility. Always follow your local health department guides for managing power outages.

Emergency CACFP Meal

In the event a power outage occurs during meal time, a good practice is to be prepared to serve the children a meal that will meet the CACFP requirements. Foods like canned tuna, low-fat mayonnaise, saltine crackers, canned pork and beans, applesauce, and shelf-stable milk are easy to prepare without power. If you care for infants, remember to include powdered infant formula, shelf-stable milk, and bottled water. Periodically rotate the emergency CACFP meal foods, and replace the inventory with fresher products.

Fruit of the Month: Apples

Do you have a favorite type of apple? Some consumers list Red Delicious as their favorite apple, even though there are 2,500 known varieties in the United States and over 7,500 grown around the world.

Apples are plentiful during the autumn of the year. The U.S. harvest season spans from August to November, depending on variety and growing location. Fresh apples are available year-round, in part, because they hold well during extended cold storage and shipping.

Apples are versatile, easily fitting in both meals and snacks because they can be served fresh, cooked, or canned. You can dice red, yellow, or green apples in salads, slice for a crunch in sandwiches, or oven roast with sweet potatoes, rutabaga, turnips, or other root vegetables to make a sweet-savory dish.



Safe Water During Emergencies

Water is an essential nutrient. Adequate fluid intake is important for everyone from infants to older adults. During a power outage or natural disaster, water is a major concern because water is needed for washing hands and dishes, brushing teeth, washing produce, and cooking, in addition to drinking water.

During emergencies, local water treatment operations may not be working. Follow your local health department guides for when to boil water. If boiling water is not possible, you may be able to disinfect it with household bleach. Find additional directions for proper boiling or disinfecting water check out *What Consumers Need to Know About Food and Water Safety During Hurricanes, Power Outages, and Floods* by visiting this link: <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm076881.htm#s3>.

If your water source is a well, be sure to have it tested and disinfected after flood waters recede. Your local health department can provide more information.



Recipe of the Month Apple Smiles

Are you looking for a fun and tasty apple recipe to make with your children? Check out Providers Choice's *Apple Smiles* recipe.

Ingredients:

- 5 apples
- 10 tablespoons of peanut butter (May be substituted with other nut- or nut-free butters)
- 2 1/2 ounces of marshmallows

Directions:

1. Cut each apple into 4 equal pieces.
2. Spread 1/2 Tablespoon peanut butter in the middle of 2 wedges.
3. Place 4 miniature marshmallows for teeth between wedges.
4. Top marshmallows and peanut butter with another apple wedge to resemble a smile.

Yield: 10 servings

For crediting information and more child-friendly recipes, checkout Providers Choice Fun Foods Recipes at <http://www.providerschoice.com/pages/resources/recipes/index.asp?active=2&category=Fun+Foods+Recipes>.

References

- Providers Choice. (2015). *Apple smiles*. Retrieved from http://www.providerschoice.com/pages/resources/recipes/view_recipe.asp?id=231.
- Washington State Apple Commission. (n.d.). *Crop facts*. Retrieved from http://www.bestapples.com/facts/facts_crop.aspx
- United States Department of Agriculture. (2013). *Keeping food safe during an emergency*. Retrieved from http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-factsheets/emergency-preparedness/keeping-food-safe-during-an-emergency/CT_Index
- United States Food and Drug Administration. (2015). *What consumers need to know about food and water safety during hurricanes, power outages, and floods*. Retrieved from <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm076881.htm#s3>



This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with Institute of Child Nutrition at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/TitleVI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2015, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

The photographs and images in this document may be owned by third parties and used by The University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.