

# NUTRITION TIDBITS FOR TEACHERS

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## Sanitation

**1) Sanitize high chair trays BEFORE each use.**

Something could have been placed on the tray since you last sanitized it. Infants usually put their food on the tray like a plate, so always sanitize before each use. Even if you sanitized it after you last used it, it is best practice to do it again right before.



**2) Sanitize tables BEFORE you sit for meals.**

Children will put their hands on the table. If you have washed their hands and they touch an unsanitized table, they will get their hands dirty again.

**3) Wash hands before and after each meal.** Everyone should wash their hands before and after each meal. Sing ABC's through one time to help kids get in the habit of washing long enough.

**4) Keep extra spoons and forks handy.** Kids drop their spoons and forks *often*. Be prepared to offer a new one when a child drops a utensil on the floor.



**5) Wear gloves.** When plating and serving food, wear gloves just to be extra safe.

**6) Label sippy cups and bottles.** Don't allow children to share drinking cups.

**7) Sanitize the meal transport cart between every meal.** If it looks like the cart that brings meals to your room is dirty, ask how often it is sanitized.