

Dear Parents,

many food products are affected by certain influences, such as, e.g. high summer temperatures, inadequate refrigeration or insufficient heating and as a result can have adverse effects on human health.

Children especially are particularly vulnerable to "spoiled" foodstuffs as their bodies are not yet as strong as those of adults.

For this reason it is important that you, when you are preparing food for your child or for the day nursery or school, avoid certain foodstuffs and follow certain hygiene rules.

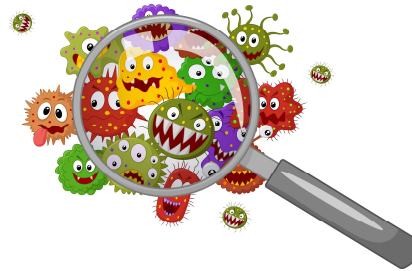
We have summarized the most important points for you in this leaflet so that everybody can look forward to the breakfast you have prepared, the lovingly put together afternoon snack or the cakes and dishes you have brought with you.

Have lots of fun and enjoy your meal.

Your Quality Management Team
Day Nursery and School Catering

Foodstuffs can contain undesirable germs such as bacteria and moulds. Also viruses, such as, e.g. the Norovirus, can be transmitted from person to person via foodstuffs.

These germs can be found everywhere and as a rule multiply at temperatures between 10° and 60°C very quickly in foodstuffs.



Special is that in most cases we cannot recognize them either from their appearance, smell or taste.

Some germs can cause diarrhoea and illnesses, in some cases with serious complications.

It is, therefore, extremely important that we prevent the occurrence of these germs in our food.

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Avoid Germs

What you need to pay attention to when you take food with you to the day nursery or to school



Day Nursery and School Catering
in Münster
Healthy and Tasty

You must not bring these foods with you

- ⊗ raw minced meat (e.g. ground pork, raw meatloaf, tartar)
- ⊗ spreadable raw sausage (e.g. ground pork sausage, teewurst)
- ⊗ raw milk or certified raw milk
- ⊗ unmatured raw milk cheese and other fresh raw milk products
- ⊗ insufficiently cooked through meat
- ⊗ raw fish products (e.g. smoked salmon, gravled lachs, sushi)
- ⊗ food with raw eggs (e.g. home-made mayonnaise, desserts with raw egg)
- ⊗ ice cream that is or has been melted already
- ⊗ dishes with not thoroughly cooked deep-frozen berries

Advice about the hygienic handling of food

Keep food cool

Perishable foods such as meat / fish, eggs, milk and all dishes which are prepared with these foods must be stored in a refrigerator at a maximum temperature of 7°C. Dishes should always be kept cold during transport to the day nursery / school (cool bags, cold packs, etc.).

For your children's snacks which are to be eaten in the afternoon we recommend non-sensitive food (for example pieces of fruit / vegetables, bread) as food being kept cool throughout the day in the nursery or school cannot be guaranteed.

Wash food

Always thoroughly wash food to be eaten raw (for example, fruit, vegetables, salad). (In Germany tap water is of drinking quality water.)

Respect storage periods

Pay attention to the specified use by and best before dates on the packaging. On expiry these foods may no longer be used in communal catering.

Handling raw and cooked foods

When preparing raw and cooked foods, never use the same kitchen utensils without having first thoroughly washed them.

Process quickly

Process perishable food quickly. The longer it is exposed to heat the greater is the risk of germ multiplication.

Personal Hygiene

For your own and the safety of all, please ensure sufficiently good and thorough personal hygiene (e.g. hand washing before every handling of food).

Completely defrost food

Before preparation, allow frozen meat without its packaging to completely thaw on a draining grille. Carefully pour away the defrost water as it contains germs in considerable amounts. Thoroughly clean all objects which have come into contact with it.

Adequately (thoroughly) heat food

Always heat perishable food at at least 70°C, only so will all germs and bacteria be killed off. (**Poultry** must no longer have a rosy appearance and bones must be easy to remove. Cook **eggs** for at least 10 minutes until the yolk is firm. After cooking, **minced meat** must be equally grey on the inside, too.)

Cooling

Quickly cool hot food in flat containers. Allow cooked ingredients for salads to cool down before mixing the salad so that the other ingredients are not warmed up.

Tasting

Pay attention to hygienic tasting. Use only, clean and fresh cutlery / crockery.

Baking

Always thoroughly bake through cakes, waffles and all doughs which contain raw eggs.

Cover food

Store ready-to-eat food completely covered in the refrigerator.

