

# FOOD SAFETY & PREPARATION

- Wash and rinse your hands often. This is important when preparing meals, following diaper changes, after touching a pet or animal, and after touching dirt.
- Wash equipment. Clean ice cube trays with hot, soapy water or wash in dishwasher.
- Prepare fresh vegetables and fruits by scrubbing and peeling, and removing pits or seeds. Remove all bones, skin, gristle and fat from meats.
- Steam or boil foods in the smallest amount of water possible.
- Do not add salt or seasonings.
- Sugar, honey or any other form of sweetener should not be used.
- Puree or mash cooked food.
- Use extra care to keep all foods at the proper temperatures at all times. Warming in the microwave can create hot spots in foods, which may lead to burns.
- Transfer only the amount you think your baby will eat to a plate or bowl from the baby food container with a clean spoon. Throw away leftover baby food in the dish or jar from which your baby has been fed.
- Use cooked vegetables and fruits within three days. Raw fruit should be used by the next day.
- To store more than 3 or 4 servings, freeze prepared foods in covered ice cube trays using plastic wrap. After food is frozen, transfer the cubes to freezer safe bags. Seal tightly, label and store up to one month.

[oklahoma.gov/health/wic](http://oklahoma.gov/health/wic)

This institution is an equal opportunity provider.

