Parent’s role in healthy and safe food

Parents are urged to follow these recommendations to ensure healthy and safe food for their children:

- Model good hand washing habits. Wash your hands before and after meals in front of your children and before handling or preparing food.

- Use a proper technique for hand washing (scrubbing, rinsing and drying well).

- Prepare and pack food for school properly to prevent food born illness. We at IC will provide food handling and food safety recommendations to students throughout the academic year.

- Watch for food illness symptoms like diarrhea, fever, vomiting and abdominal pain.

- Consult your physician when your child has a gastrointestinal illness.

- Notify the school nurse of your child’s gastrointestinal disease.