

Description

- Feeding foods that could be contaminated with microorganisms/toxins:
- Unpasteurized juice, dairy products, soft cheese; raw or undercooked meat, fish, poultry, eggs, sprouts; unheated deli meats, hotdogs

Assess Readiness for Change: with open ended questions

- “You mentioned you give Sam xx (i.e. cold hot dogs). What would you think about heating those before serving?”
- “What have you heard about using xx (i.e. cold hot dogs) in children?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
<p>Not ready →</p> <p>“They are already precooked and I cut them so he can’t choke. He likes them cold.”</p> <p>Raise awareness & personalize change</p>	<ul style="list-style-type: none"> • “It wasn’t talked about before, but they discovered that xx (i.e. cold hot dogs) can contain bacteria even though they are a processed food. The new recommendation for children is to re-heat them. How willing would you be to start re-heating them before serving?” • “How familiar are you with foods that may cause food poisoning (illness)?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because he eats raw hot dogs, a food that should be reheated to destroy bacteria on them. Unheated hotdogs have been found to be a problem in children and pregnant women. What do you know about the dangers of listeria?”
<p>Record Plan or Goal Mom doesn’t agree with re-heating hotdogs. Says is aware of dangers from other foods- uncooked eggs and chicken.</p>		
<p>Unsure →</p> <p>“Sometimes I heat them, depends on if we are in a hurry.”</p> <p>Raise awareness & confidence & identify barriers to change</p>	<ul style="list-style-type: none"> • “You would think since processed, they would be safe. It is now recommended though, that for children, they be re-heated to prevent food poisoning. How extreme do you think that sounds?” • “On a scale of 1-10, how comfortable are you using unheated hotdogs, now that you heard of the dangers?” 	<ul style="list-style-type: none"> • Avoid unpasteurized juice, cheese, milk, undercooked foods and raw sprouts- may contain bacteria and cause food poisoning. <ul style="list-style-type: none"> ○ Only purchase pasteurized products ○ Cook all foods to proper temperatures ○ Deli meats & hotdogs re-heated before served ○ Always follow safe handling practices
<p>Record Plan or Goal Mom says never had problem serving unheated, but now aware of danger. Will reheat now. Follow-up next appointment.</p>		
<p>Ready →</p> <p>“I know they say to watch because of choking. Is it not ok to eat them cold?”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> • “They now suggested xx (i.e. hot dogs) only be served when re-heated. What do you think about the new recommendations?” 	<ul style="list-style-type: none"> • “You don’t hear about it as much as other food borne illnesses like salmonella, but there are cases that have ended in death. Bacteria remain alive even when refrigerated and is most dangerous to children, pregnant women and those with lower immune systems.”
<p>Record Plan or Goal Mom will no longer serve uncooked hot dogs. She also asked about lunch meat. Follow-up on concerns next appointment.</p>		

Education Resources

<http://www.fightbac.org/> & <http://www.fightbac.org/about-foodborne-illness/least-wanted-pathogens> Resource- *Fight BAC Food Safety*

http://www.fsis.usda.gov/Factsheets/Hot_Dogs/index.asp Resource- *Hot Dogs and Food Safety*

http://kidshealth.org/parent/infections/bacterial_viral/listeria.html Resource- *Listeria Infections*