



social development

Department:  
Social Development  
REPUBLIC OF SOUTH AFRICA



Building a Caring Society. Together.

## EARLY CHILDHOOD DEVELOPMENT PROGRAMMES

Brought to you by the  
Department of Social  
Development.

Visit [www.dsd.gov.za](http://www.dsd.gov.za)

# A quick guide to: *Food preparation and mealtimes*

### CLEANING

- Food must be prepared in a clean, sanitised kitchen.
- Surfaces must be cleaned daily with disinfectant cleaner (such as 250ml of bleach to 5 litres of water).
- Pots, bowls and spoons should be cleaned with soap and hot water to kill germs.



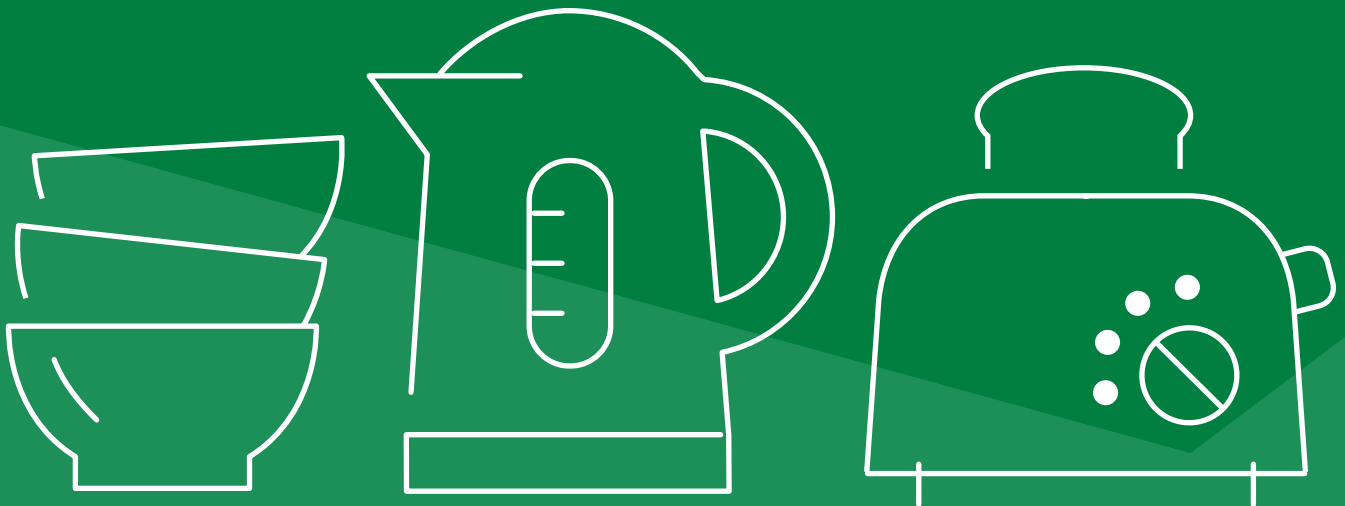
### PHYSICAL SPACE

- Food should be delivered to each classroom with the bowls and utensils for this group and should be dished up by the staff member in that group.
- Children should eat their meals in the classrooms under the supervision of staff members.
- Children should preferably sit in rows or marked squares on the floor to eat, and not opposite each other.



## HYGIENE

- Cooks and food handlers must wash hands before and after preparation.
- Cooks must wear head gear, face masks and disposable plastic aprons and closed shoes to prevent droplet transmission to clothing.
- Food prepared at home must be sent in a sealable plastic bag.
- Show children the correct way to remove and put on their face masks during meal times.



Building a Caring Society. Together.



**social development**

Department:  
Social Development  
REPUBLIC OF SOUTH AFRICA

