



2023 CALENDAR

September 6th:
Team Building Exercises at 6:30 pm at 2912 B Clyde Road, Moscow (IESolutions Training Center).

October 4th:
Deployment Processes and Procedures at 6:30 pm at the Latah County Fairgrounds – Classroom.

October 7th:
Disaster Simulation Exercise at 10:00 am at the Latah County Fairgrounds.

**Information for Everyone on BACK TO SCHOOL –
TRANSPORTATION AND LUNCH SAFETY TIPS**

It’s time to go back to school for kids, college students, parents, educators, and community members. Yep, everyone is affected by our back-to-school habits! So, let’s look at two important issues that can impact us all, transportation and lunch. Students and parents may be walking to school, riding their bikes, or taking a bus. As a community, we want to ensure everyone’s safety as our streets get busier.

And as for lunches, food safety tips are important not only for our kids in school but for parents working on the job. Unlike cafeteria workers who take food safety training on a regular basis, most parents prepare lunch for their kids at home or to take to school or for themselves at work haven’t received any formal food safety instruction. Studies have shown that proper nutrition improves students’ scores, memory capacities, motor skills, social skills, and language skills. Keep them well fed and safe with the four steps to steps to food safety – Clean, Separate, Cook and Chill.

TRANSPORTATION SAFETY TIPS

WALKING TO SCHOOL

Review your family’s walking safety rules and practice walking to school with your child.

- Walk on the sidewalk if one is available. When on a street with no sidewalk, walk facing the traffic.
- Before you cross the street, stop, and look left, right and left again to see if cars are coming.
- Make eye contact with drivers before crossing and always cross streets at crosswalks or intersections.
- Stay alert and avoid distracted walking.

Prepared by CERT – V. Lawrence

RIDING A BICYCLE TO SCHOOL

Teach your child the rules of the road and practice riding the bike route to school with your child.

- ❖ Ride on the right side of the road, with traffic, and in single file.
- ❖ Come to a complete stop before crossing the street; walk bikes across the street.
- ❖ Stay alert and avoid distracted riding.
- ❖ Make sure your child always wears a properly fitted helmet and bright clothing.

RIDING THE BUS TO SCHOOL

Teach your children school bus safety rules and practice with them.

- Go to the bus top with your child to teach them the proper way to get on and off the bus.
- Teach your children to stand six feet (or 3 gigantic steps) away from the curb.
- If your child must cross the street in front of the bus, teach them to walk on the side of the road until they are 10 feet ahead of the bus. Your child and the bus driver should always be able to see each other.



DRIVING YOUR CHILD TO SCHOOL

Never pass a bus loading or unloading kids.

- Stay alert and avoid distracted driving.
- Obey school zone speed limits and follow your school’s drop-off procedure.
- Make eye contact with children who are crossing the street.



PACK A SAFE LUNCH!

Each year, approximately one in six Americans are stricken with food poisoning. Of the estimated 42,000 annual salmonella infections, almost 50% of those are infants and school-age children. Many milder cases are not diagnosed or reported so the actual number of infections maybe 29 times or greater, around 1.2 million annually.

Also, ask children to use both straps when wearing their backpack to evenly distribute the weight on their shoulders.

Tips to keep your kids healthy

CLEAN



If you're making lunch the night before, be sure to wash your hands and use clean cutting boards, utensils and countertops. Making lunch on the same surfaces you used to prepare raw meat or poultry for dinner may result in cross-contamination and lead to salmonella-related illness.



SEPARATE



Use one cutting board for fresh produce and a separate one for meat and poultry.



COOK



Cook foods to the right temperature using a food thermometer.



CHILL



If the lunch contains perishable food items like luncheon meats, eggs, and yogurt, make sure to pack it with at least two cold sources (e.g., freezer packs and frozen water bottles).



Clean: The best way to prevent many forms of illness, including foodborne illness, is with proper hand washing. Children should always clean their hands before eating, and parents should do so before and during lunch preparation.

Separate: Prevent cross-contamination by keeping raw meat and poultry away from ready-to-eat foods. When preparing perishable foods that require cutting (for example, raw bacon and raw chicken you plan to cook for salad), make sure you separate these items from fruits, vegetables, cheeses, and other foods to avoid cross-contamination.

Cook: Have a food thermometer easily accessible to ensure you're cooking to recommended safe internal temperatures. Cook whole cuts of meat, including beef and pork to 145 degrees Fahrenheit and allow them to rest for at least 3 minutes before carving. Cook ground meats, like burgers and sausages, to 160 degrees Fahrenheit. Cook all chicken and turkey to 165 degrees Fahrenheit.

Chill: When preparing lunch ahead of time, remember perishable foods should not enter the Danger Zone – temperatures between 40- and 140-degrees Fahrenheit – where bacteria multiply quickly and can make food unsafe.

Don't overstuff a backpack; it should weigh no more than 5% to 10% of your child's weight. Rolling backpacks create a trip hazard in crowded school hallways.

Pack a Safe Lunch

Send your kids back to school with safe and satisfying lunches by following these simple tips:

Tip 1



Frozen juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!

Tip 2



Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.

Tip 3



Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.

Tip 4



If possible, your child's lunch should be stored in a refrigerator. But leave the lid of the lunchbox or an insulated, soft-sided bag open in the fridge so that cold air can circulate and keep the food cold.

Tip 5



If you're packing a hot lunch, like soup, chili or stew, use an insulated container to keep it hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot – 140°F or above.

Tip 6



After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.

Additional source: CDC



For more Back to School Food Safety Tips go to

FoodSafety.gov