

# Pre-School Pages



A newsletter for parents of pre-schoolers  
 packed with food, facts & fun  
 from your local county extension office

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## Play Time

### Safe and Colorful Easter Eggs



Easter is coming up and many of us may be planning to color eggs for a stay-at-home egg hunt this year. Decorating eggs is a fun activity for the whole family. However, there is always a possibility that *Salmonella*, a bacteria that causes foodborne illness, is present on the shell and inside eggs. Good food safety practices are important when handling eggs in order to avoid sickness. Follow these tips to ensure your decorated eggs are safe to eat.

- Make sure you use only food-grade dyes for coloring. It's safe to use liquid food coloring, commercial egg dyes, and fruit drink powders. But if you plan to eat the eggs, don't use paint, nail polish, or shaving cream to decorate.
- When buying eggs, look for eggs that are clean, free of cracks, and stored in a refrigerated case. Remember to look at the 'sell by' date and purchase eggs before this date.
- Keep eggs refrigerated until use. Don't let them sit out on the counter. Eggs should not be out of the refrigerator when coloring or hunting for longer than 2 hours.
- When hiding eggs, choose hiding places that are protected from dirt, moisture, pets, chemicals, and other possible sources of contamination.
- Eat properly handled hard-boiled eggs within one week of cooking.

For more information on egg safety and general food safety practices, contact your local County Extension Office.

#### Reference

[https://www.fsis.usda.gov/wps/wcm/connect/fsis-content/internet/main/topics/food-safety-education/get-answers/food-safety-fact-sheets/egg-products-preparation/shell-eggs-from-farm-to-table/ct\\_index#23](https://www.fsis.usda.gov/wps/wcm/connect/fsis-content/internet/main/topics/food-safety-education/get-answers/food-safety-fact-sheets/egg-products-preparation/shell-eggs-from-farm-to-table/ct_index#23)



## Kids Care

### Keeping Toddlers Safe While They Toddle



Toddlers and young children love to climb and pull up on furniture and bookshelves to strengthen their bodies and explore the vertical world around them. While it can be fun to watch our children grow stronger in their

ability to walk and explore, it can be dangerous. According to the U.S. Consumer Product Safety Commission, 18,900 children ages 9 and younger visit emergency departments each year from injuries caused by TV, furniture, and appliance tip-overs. Here are a few tips on how to prevent furniture tip-over injuries.

### Television

- Never place a TV or other heavy objects on furniture not intended for that use. It is also important that your TV stand is rated for the size of TV you purchase. For instance, if you have a 42-inch TV stand, your TV should be smaller than the stand.

### Furniture

- Always attach your bedroom furniture to the wall with tip-over restraints. "L-shaped" brackets and zip ties also work well to secure furniture.
- Never allow children to climb, hang, or stand on drawers.
- Do not open more than one drawer at a time.

## Shelves

- Avoid putting attractive items such as toys or remotes on shelves.
- Place heaviest items closest to the floor.
- Avoid putting furniture or chairs close enough that children can use them to climb onto the shelves.

**Reference:** Suchy, A. (2014). *Product Instability or Tip-Over Injuries and Fatalities Associated with Televisions, Furniture, and Appliances: 2014 Report*. U.S. Consumer Product Safety Commission. Retrieved from [https://www.safekids.org/sites/default/files/documents/ResearchReports/report\\_to\\_the\\_nation\\_protecting\\_children\\_in\\_your\\_home.pdf](https://www.safekids.org/sites/default/files/documents/ResearchReports/report_to_the_nation_protecting_children_in_your_home.pdf)

## Let's Eat

**Healthy Fruit or Vegetable Bunny Snack**  
Great for an after school or post egg hunt snack! You can use apples, strawberries, blueberries, cheese cut in circles, carrots, cucumber, and mini almonds but feel free



to get creative with what you have on hand!

You can even pre-cut everything and have your kids put together their own bunny!

Source: <https://theprimepursuit.com/tag/healthy-bunny-snack/>

Sincerely,

*Kelley Als*

County Extension Agent for  
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