



## September Health Department Monthly Tip: Food Safety in Child Care Centers—Part II (.2807) Thawing:

**There are only 4 ways foods may be thawed  
in a child care center**

(Including milk)



**.2807 (i)** Potentially hazardous foods that are frozen shall be thawed using one of the following methods:

- (1) in **refrigerated units** at a temperature **not to exceed 45 degrees Fahrenheit**; (This may take a long time and may require planning ahead)
- (2) **submerged under potable water** of a temperature of **70 degrees Fahrenheit or below**, with sufficient water **velocity to agitate and float off loose food particles into the overflow**; (The cold water has to be left on and running the whole time with the sink unplugged).
- (3) in a **microwave oven only when the food will be immediately transferred to conventional cooking equipment as part of a continuous cooking process or when the entire, uninterrupted cooking process takes place in the microwave oven**; or
- (4) as **part of the uninterrupted cooking process** (cook frozen)

**There are only two ways to thaw Frozen human milk (Breast Milk)**



**.2804 (e)** Frozen human milk shall be thawed in accordance with of Rule .2807(i)(1) or (i)(2) of this Section and prepared in the child care center's kitchen or food preparation area. In addition to the labeling required by Paragraph (d) of this Rule, frozen human milk shall be **labeled with the date that it is thawed for use**. Human milk that was previously frozen and has been thawed shall be refrigerated and **stored for no more than 24 hours from when it was thawed**. Human milk that was previously frozen and has been thawed shall not be refrozen for storage at the child care center.



## 2025-2026 Training Calendar

### ITS/SIDS (\$7-payment due one week prior):

**September 8th, October 6th**

To Register for ITS/SIDS Call/Email:

Lissy at the Partnership: 704-933-8278 or

lvrios@cabarruspartnership.org

### CPR/FA (\$50-payment due one week prior):

**CONTACT YOUR CCHC DIRECTLY**

**\*\*CPR Class MUST be paid prior to class via cash, check or PayPal\*\***

**\*\*NO CELL PHONES ALLOWED\*\***

**\*\*\*ALL CLASSES are at MCGILL LEARNING CENTER from 6—8 p.m.\*\*\***

**375 George W Liles Pkwy, Concord, NC 28027**

**ENTER THROUGH SIDE DOORS**

**LEFT SIDE OF THE BUILDING NEAR THE DUMPSTER**

**IF YOU ARE MORE THAN 10 MINUTES LATE YOU WILL BE  
ASKED TO RESCHEDULE—  
NO REFUNDS!**

**IF PAYMENT IS NOT RECEIVED ONE WEEK PRIOR, REGIS-  
TRATION WILL BE REMOVED  
NO EXCEPTIONS!!!**

## NEW CLASS GUIDELINES:

1. **Class size is limited to 25 spaces due to limited seating, if you have staff not coming please be kind and call or email Lissy to cancel.**
2. **No more than 2 participants per facility may be registered unless room becomes available one week prior.**
3. **Please contact Debra or Melissa directly for CPR/FA dates.**
4. **NO CHILDREN.**
5. **Please make every effort on time, traffic can be heavy so please extra time, if you are more than 10 minutes late you will be not be allowed in.**
6. **If you are NOT REGISTERED AND HAVE NOT PAID ONE WEEK PRIOR TO CLASS, you WILL NOT be admitted to the class.**
7. **DO NOT contact McGill Learning Center directly about classes.**

## Important Contacts

NC DCDEE	1-800-859-0829
Debra Pless, RN, CCHC	704-791-0058
Carolinas Poison Center	1-800-222-1222
Melissa Jones, RN, CCHC	704-787-2638
Cabarrus County DHS	704-920-1400
NC Immunization Branch	919-707-5550
Criminal Background Check Unit Line	919-527-6620

## CABARRUS TEACHER ON-CALL - CHILD CARE SUBSTITUTE SERVICE

Please contact P.U.R.E. Excellence at:

**336-588-7833**

