The Meal-Packing Handwashing Routine

Prepare the sink before preparing the lunch.

A usable routine names both the first wash and the return after an interruption.

Example: a helper empties garbage during lunch preparation, washes before returning to food and uses the adult's clearly taught sequence.

01 Prepare the station

Check the actual sink and supplies.

Sink or washing location

Soap available

Clean drying method

Adult to resolve missing supplies

02 Teach the sequence

Use the CDC steps, with suitable help.

Adult demonstrating the wash

Scrubbing timer or reminder

Assistance the child needs

First food task after washing

The Meal-Packing Handwashing Routine / Review & follow-through

03 Plan the restarts

Name interruptions in this session.

Garbage or pet task to separate

Toilet or nose-care interruption

Pause and return instruction

Adult supervising the restart

04 Review the session

Record conduct rather than health outcomes.

Supplies that were ready

Washing restart actually followed

Confusing task to change

Tomorrow's setup responsibility