

# KEEP BABIES & TODDLERS SAFE FROM FOODBORNE ILLNESS

Your baby or toddler is at increased risk for foodborne illness. Young children do not have fully developed immune systems. They may be more likely to become ill, have serious complications and have a harder time getting well. The Partnership for Food Safety Education offers these tips to parents and caregivers for keeping your baby or toddler safe from foodborne illness.

Children under age 5 are three times more likely to be hospitalized with *Salmonella* infection than other people.  
—CDC

## Feeding Babies & Toddlers

### Baby Formula

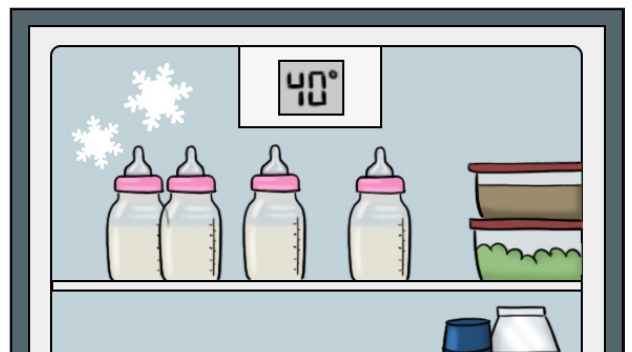


Mix only enough formula for one feeding. Use a clean bottle that has been sterilized in boiling water. Don't add new formula to a half-filled bottle. After feeding baby, throw out any formula or breast milk that is left over.

**Leaving a bottle out at room temperature can increase the risk of foodborne illness for your baby.**

### 40 °F or Below

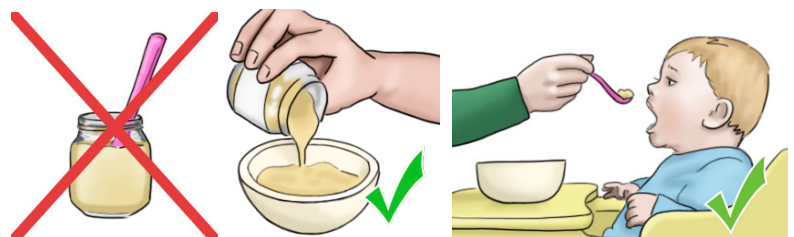
Breast milk and prepared formula must be refrigerated at 40 °F or below. Milk is susceptible to bacterial contamination and growth if it is not handled and stored properly. Use an appliance thermometer to make sure your refrigerator is at 40 °F or below.



**Use breast milk and prepared formula within 48 hours.**

### Baby Food

Do not feed a baby directly from a jar of food. Use a clean spoon to take out a portion of food. Place the food in a clean bowl. Heat only the portion of food removed from the jar. Refrigerate unserved portions of baby food in the original container or jar at 40 °F or below. Label the jar with the date it was opened.



# Reducing Harmful Germs at Home

## Diaper Changing

Kitchen and eating areas are always off limits for diaper changing. Always change diapers in the same location in your home to keep any germs confined to one area. Wash your hands and your child's hands thoroughly with soap and water after changing the diaper.



## Handwashing Tips



Take time to help young children learn to wash their hands properly with soap and water. Get started with the little ones using these proven steps from the Centers for Disease Control and Prevention:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

## Expecting a baby?

Check out the Moms-To-Be resources from the U.S. Food and Drug Administration. Visit [www.fda.gov](http://www.fda.gov) and search keywords “Moms to be.”



Reduce your risk of foodborne illness.  
Follow the core four Fight BAC!® practices for home food safety:

