Keeping Babies & Toddlers Safe from Foodborne Illness

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Learning Objectives

1. Why your baby or toddler is at risk for a foodborne illness
2. Tips to reduce risk among young children
3. Resources for parents and caregivers

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Young Children are Vulnerable

- Each year an estimated 300,000 illnesses affect children under age 5 in the U.S.
- A child’s immune system is not fully developed
- An underdeveloped immune system makes it difficult for young children to fight off infection

Sources: Centers for Disease Control and Prevention, U.S. Food and Drug Administration

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Young Children are Vulnerable

• Children under age 5 experience the highest rate of any age group for getting sick from these germs:
  • *Campylobacter*
  • *E. coli O157*
  • *Salmonella*
  • *Shigella*

*Sources: Centers for Disease Control and Prevention, U.S. Food and Drug Administration*
Special Risks for Young Children

• Children under age 5 have a higher likelihood of *E. coli* evolving into Hemolytic Uremic Syndrome (HUS)
• HUS is a severe *E. coli* complication that can lead to kidney failure and death
• Risk of developing HUS:
  • Healthy people – 6%
  • Children under age 5 – 15%

*Sources: Centers for Disease Control and Prevention, U.S. Food and Drug Administration*
More about HUS

• HUS is a leading cause of acute kidney failure in children under age 5
• Long-term health outcomes:
  • Kidney failure (20–30%)
  • High blood pressure (8–12%)
  • Diabetes (0–15%)

Sources: Centers for Disease Control and Prevention, U.S. Food and Drug Administration

Ashley
E.coli O157:H7
Courtesy of STOP Foodborne Illness

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Keep Your Baby or Toddler Safe

Here are five important tips for keeping babies and toddlers safe from foodborne illness.

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Tip #1

BABY FORMULA

Mix only enough formula for one feeding. Use a clean and sterilized baby bottle.

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Baby Formula Tips

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

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Tip #2

40°F or BELOW

Breast milk and prepared formula must be refrigerated at 40°F or below.

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Milk & Prepared Formula Tips

• Milk and prepared formula are susceptible to bacterial contamination if they are not handled and stored properly.
• Breast milk and prepared formula must be refrigerated at 40 °F or below.
• Use an appliance thermometer to make sure your refrigerator is at 40 °F or below.
Tip #3

BABY FOOD

Do not feed a baby directly from a jar of food. Place a portion of food into a clean bowl.

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Baby Food Tips

• 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.
Baby Food Tips

• 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. Use within three days.
Tip #4

DIAPER CHANGING

Kitchen and eating areas are always off limits for diaper changing.

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Diaper Changing Tips

• 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 with soap and water after changing the diaper.
Tip #5

T A K E  T I M E

Take time to help young children wash hands properly.

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CLEAN HANDS

Teach toddlers to wash their hands properly with soap and water.

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Handwashing Steps

- **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.

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Be Consistent!

• Leaving a bottle out at room temperature can increase the risk of foodborne illness for your baby.
• Use breast milk and prepared formula within 48 hours.
• Do not feed a baby directly from a jar of food. Use a clean spoon to place the food in a clean bowl.
• Kitchen and eating areas are always off limits for diaper changing.
• Take time to help young children learn to wash their hands properly with soap and water.

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More Free Resources

- Food safety fact sheets
- Recipes – print and videos
- Child care training
- Kids’ activity sheets
- Coloring pages

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Thank You!

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Presenter Title
Organization
Phone Number
Email Address

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