



Partnership for
Food Safety
Education



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



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

Keep Your Baby or Toddler Safe



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

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.



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



TAKE TIME

**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.



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.

Download Free Flyers

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, clean every formula or breast 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

Dress 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. Place only the portion of food removed from the jar. Refrigerate uncovered portions of baby food in the original container or jar at 40 °F or below. Label the jar with the date time as opened.

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FOOD SAFETY for Children Under 5

Learn the food safety steps that will keep young children under 5 safe from foodborne illness.

FOOD SAFETY FOR CHILDREN UNDER 5

How Long Is Baby Food Safe?

SOLIDS - opened or freshly made	Refrigerator	Freezer
Strained fruits and vegetables	2 to 3 days	0 to 6 months
Strained meats and eggs	1 day	1 to 2 months
Meat-vegetable combinations	1 to 2 days	1 to 2 months
Homemade baby foods	1 to 2 days	1 to 2 months

WHY ARE CHILDREN UNDER 5 AT RISK?

Young children's immune systems are still developing. Compared with other age groups, children under 5 years old have the highest incidence of several types of foodborne infections.

Did You Know ...

- 15% of children under 5 years old with E. coli O157 develop hemolytic uremic syndrome (HUS).
- 4% of the general population with E. coli O157 develop HUS.
- HUS can cause damage to the brain, kidneys, and pancreas and can be fatal.

HIGH-RISK FOODS FOR CHILDREN UNDER 5

Raw or undercooked foods including meat, poultry, and eggs

Unpasteurized milk or juice

Raw or undercooked oysters and seafood

REMEMBER

- Clean:** Wash hands and surfaces often.
- Separate:** Keep raw meat and poultry separate from ready-to-eat foods.
- Cook:** Cook foods to the proper internal temperature.
- Chill:** Chill leftovers to the fridge within 2 hours of being cooked.

USDA | Ad Council | www.foodsafety.gov | ADDITIONAL SOURCE: CDC

www.foodsafety.gov

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 Name

Presenter Title

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