FOOD SAFETY FOR INFANTS

HERE ARE SOME SPECIAL FOOD CONCERNS FOR INFANTS

Shopping

- When shopping for infant formula or jars of baby food make sure the cans or jars are free from dents, bulges, and cracks. Check for safety seals or safety tops on jars. Never buy jars of baby food that have broken safety seals or safety tops that have popped. Check for dates, such as "use by" or "sell by." Never buy infant formula that has passed the marked date.

Storage

- Keep infant formula (liquid or dry) and jars of baby food in a cool, dry place. Keep the formula and food away from direct heat and steam from appliances (such as the stove and oven) and vents.
- Always refrigerate infant formula and jars of food once they are opened.

Preparation

- Clean and sanitize any food areas as much as possible, including counters, high chairs, and tables.
- Before preparing any food wash your hands.
- Special care must be taken with bottles, bottle caps, and nipples. They can all be cleaned in a dishwasher that uses very hot water. Before filling any bottles with formula, boil the bottle, bottle cap, and nipple for 5 minutes. Allow them to air dry.
- Label each bottle with the infant's name and date.
- Keep prepared infant formula in the refrigerator until feeding. Just like any other food, infant formula should not be left out for more than 2 hours. Microorganisms can grow once the temperature rises.

Feeding

If you will be feeding prepared formula, make sure it is no more than one day old. Ready-to-feed formula should not be more than two days old.

There are two ways to safely warm infant formula.

1. Place the bottled infant formula in warm, not boiling, water for five minutes.
2. Warm the bottled infant formula in the microwave. Make sure the bottle has at least 4 ounces of formula. Remove the bottle cap, bottle ring, and nipple before heating. Heat at full power for 30 seconds. If heating 8 ounces, heat at full power for 45 seconds. After heating, replace the cap, ring, and nipple. Tilt the bottle 6 times so that the temperature is even throughout. Check the formula's temperature before feeding. Do not let warmed infant formula sit out. The long it sits out the higher the chances that bacteria will grow in it.

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SPECIAL FOOD CONCERNS FOR INFANTS (CONTINUED)

When feeding baby food from a jar, portion out just enough for the baby to eat. Keep the jar in the refrigerator while feeding. Never feed the baby straight from the jar. If the baby finishes the portion, use a new spoon to scoop out more food. Scooping more food with the used spoon could bring bacteria into the jar of food.

Always wash bottles, bottle caps, and nipples after feedings with hot, soapy water. Always allow them to air dry.

Leftovers

Throw out any unused prepared formula after one day. Throw out unused opened ready-to-feed formula after two days.

Throw out the formula left in the bottle after the infant is done feeding. There are probably germs and bacteria in the bottle from the infant. If the formula is saved, the bacteria could grow and cause illness during the next feeding.

If there is leftover baby food from a jar write the date onto the jar and refrigerate it. *

- Fruits and vegetables should be used within 2 days if refrigerated, within 6-8 months if frozen.
- Meats and eggs should be used within a day if refrigerated, within 1-2 months if frozen.
- Meat and vegetable mixes should be used within 1-2 days if refrigerated, within 1-2 months if frozen.

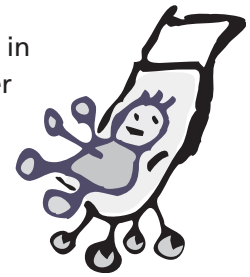
Some mothers may choose to provide breast milk for their infants. Here are some tips to keep breast milk safe.

- Ask mothers to portion the breast milk into 2 to 4 ounces or whatever amount the infant usually eats.
- Write the child's name and date of pumping on the bottles.
- Refrigerate or freeze the milk as soon as possible.
- Do not warm breast milk on the stove or in the microwave. Thaw the milk in one of the following ways:

  1) place the breast milk in warm, not boiling water for five minutes;

  2) use cold, running water;

  3) in the refrigerator.



- Just like prepared or ready-to-feed infant formula, throw out the breast milk that is leftover in the bottle.
- Use refrigerated breast milk within two days.
- Use frozen breast milk within 2 weeks. Once breast milk is thawed, don't refreeze it.

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