

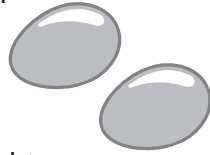


# FOOD SAFETY FOR CHILDREN

HERE ARE SOME SPECIAL FOOD CONCERNS FOR YOUNG CHILDREN .....

## EGGS

Fresh shell eggs may contain bacteria called *Salmonella* that can cause an intestinal infection. This can be a serious problem, especially in young children.

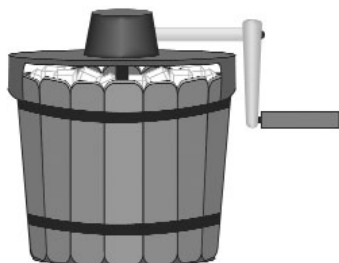


Some eggs have been treated to destroy the bacteria. If they have not been treated the carton must have a safe handling statement.

The best way to prevent foodborne illness from eggs is knowing how to buy, store, handle and cook eggs, and foods that contain them, safely.

### Always

- Keep eggs cold: when you buy them, store them and after you cook them.
- Cook eggs thoroughly — until yolks are firm. Cook foods containing eggs thoroughly.
- Don't serve any foods containing eggs that are not thoroughly cooked (home made ice cream, french toast and uncooked cookie dough or batter).
- If you make foods that call for raw or partially cooked eggs, use pasteurized whole liquid eggs sold in a carton.
- Homemade ice cream mix can be cooked on the stove before it is frozen to kill the *Salmonella*.



## HONEY AND SYRUP

Honey and syrups contain spores of *Clostridium botulinum*. The immune systems of adults and older children can prevent the spores from growing. However, in an infant, these spores can grow and cause infant botulism.



Honey and syrup should not be given to a child less than a year old. Many home remedies for constipation, croup and colic contain honey. Some parents put honey on a pacifier to get the infant to take it. These are unsafe practices!

## SPROUTS

The good news is that sprouts are nutritious and fun for young children to watch grow. The bad news is that sprouts have been linked to a number of foodborne illness outbreaks.

Some sprouts have been contaminated by the water used to grow them. Others have been found to contain the *Salmonella* in the sprout seed. Growing the sprouts in warm moist conditions also help the bacteria to grow.

While growing sprouts might be fun to do with young children, it is best to avoid serving them.

