





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



SOLIDS - opened or freshly made	Refrigerator	Freezer
 Strained fruits and vegetables	2 to 3 days	6 to 8 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)

6% of the general population with *E. coli* O157 develop HUS

HUS can cause damage to the liver, 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



Clean:

Wash hands and surfaces often.

SEPARATE



Separate:

Keep raw meat and poultry separate from ready-to-eat foods.

COOK



Cook:

Cook foods to the proper internal temperature.

CHILL



Chill:

Get leftovers to the fridge within 2 hours of being cooked.



For more food safety tips, go to

—FoodSafety.gov—

ADDITIONAL SOURCE: CDC

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