

Food Safety and Safe Feeding for Infants

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Food Safety

- Food safety does not stop after pregnancy
- Now food safety for parent(s) and baby need to be considered
- Young children are one of the most at risk groups for foodborne illness
 - 800,000 cases under the age of 10



Wash Your Hands

- Wash hands after changing diapers, handling raw food, gardening, touching pets, etc.
- Be sure to wash hands before pumping to get a “clean” supply
- Wash hands before any kind of feeding
- Soap and water are best, but in a pinch hand sanitizer is ok



Breast Milk

- Make sure bottles, including nipples are clean
- If will be used in 3-5 days can be put in refrigerator
- If longer than 3-5 days can be placed in freezer
- Do not place in the freezer door
- Never prop bottle up for baby



Formula

- Always look at the date on the container and check that safety mechanism is in tact
- Do not make more formula than you need, can harbor bacteria
- Do not leave formula out for more than two hours at room temperature; must be thrown out
- Do not put unfinished bottles in the refrigerator for later
- Use an insulated bag when transporting/traveling with pre-made bottles



Heating Bottles

- Two safe ways to heat bottles
- Hot tap water
- On the stove
- Microwave can melt bottles and create hot spots
- Test milk on the back of your hand NOT on the wrist
- Should be lukewarm



Why No Cow's Milk?



- Babies lack the necessary functions to digest the proteins that are in regular cow's milk
- Formula is fortified with nutrients that infants cannot get from cow's milk



Baby Food

- Check for safety (no rust, “pop” sound when opening, no bulging)
- Do not microwave baby food in the jar
- Microwave, stir, and let sit for 30 second- baby safe food should be lukewarm
- Do not feed baby from jar and then place in refrigerator
 - Instead put serving size in a dish then feed baby from dish; remaining food can be refrigerated



Food Safety-Honey

- Honey should not be given in any form to children under the age of one
- Honey contains *Clostridium botulinum* which can be harmful to young children and lead to botulism
- Honey filled pacifiers and botulism in Texas



Resources

- <https://www.foodsafety.gov/keep/types/babyfood/index.html>
- <https://www.fda.gov/Food/ResourcesForYou/HealthEducators/ucm089629.htm>
- <https://www.fda.gov/Food/RecallsOutbreaksEmergencies/SafetyAlertsAdvisories/ucm626013.htm>
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