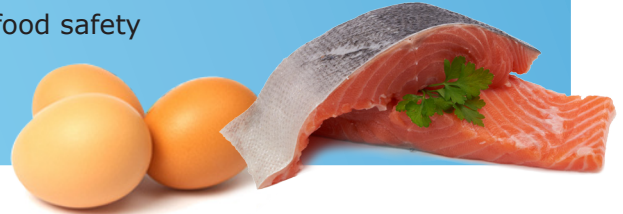


PROTECT BABY AGAINST FOOD POISONING

Infancy
series



It is utmost important for you to protect your baby from infections and food poisoning by maintaining **Food Safety and Hygiene in your Kitchen**. You can minimize risks by observing some common sense principles of food safety rules at home.



⦿ Food poisoning is usually caused by eating foods that:

- Is not fresh
- OR Has been contaminated by bacteria
- OR Is not cooked sufficiently to kill off potential bacteria

Babies and young children are at a greater risk of contracting food poisoning, than older children and adults and the consequences can be serious.

⦿ Tips for preventing food poisoning

Here are some simple rules for minimizing the risk of food poisoning:

When buying foods:

- Do not buy those in dented or damaged containers
- Always check the expiry dates of foods
- Take your groceries home quickly and store them immediately



When preparing food:

- Always wash hands thoroughly before and after food preparation
- Wash all fruits and vegetables before eating them raw or cooking them unpeeled, to remove dirt and pesticide residues
- Thoroughly clean countertops and cutting boards before and after food preparation
- Use separate cutting boards and utensils for cooked and uncooked and periodically replace the cutting boards.
- Defrost frozen meat, chicken and fish completely in the refrigerator and not in room temperature, prior to cooking
- Cook meats and chicken thoroughly. Cook eggs until yolks are solid
- Keep pets away from the kitchen. Ensure that your child washes his hands after playing with pets



When Sterilizing:

- Milk feeding equipment (milk bottles, caps, teats and bottle brushes):
 - Every time you use them, until your baby is 1 year old
- All other feeding equipment (Spoon, bowls, plates):
 - Only until baby is 6 months old; thereafter, just wash them well
- Completely immerse all items and sterilize them:
 - In a saucepan of boiling water for at least 10 minutes OR
 - In an electric steam sterilizer



When storing & Freezing food:

- Ensure that your fridge temperature is below 5 degree C and your freezer temperature is below -15 degree C
- Refrigerate all food items that tend to spoil eg meats
- Unused leftovers:
 - Have to refrigerated at once and consumed within the next 1 to 2 days, after proper reheating
 - Can be frozen in a sterilized ice cube tray until needed
- Discard cracked eggs and foods that have expired
- Separate raw food from cooked food and store raw food at the bottom of the fridge to avoid juices dripping down and contaminating other foods
- Cover all foods with lid, tin foil or plastic wrap. Don't store food in opened tin cans



When heating and reheating food:

- Heat only food for one meal
- Never reheat food more than once, as this provides ideal conditions for bacteria to multiply and for food poisoning to occur
- Ensure that food is heated to piping hot, stir well and then leave to cool before serving



IMPORTANT INFORMATION

Breast milk is the best food for babies as it is the sole source of nutrition for the first 6 months of life and is recommended to be continued until 2 years, with introduction to appropriate complementary foods after 6 months of age.

A. Following are the details of advantages, as also nutritional superiority of breast-feeding :

- i)** Immediately after delivery, breast milk is yellowish and sticky. This milk is called as Colostrum, which is secreted during the first week of delivery. Colostrum is more nutritious than that of mature milk because it contains more protein, more anti-infective properties which are of great importance for the infant's defence against dangerous neo-natal infections. It also contains higher level of Vitamin 'A';
- ii)** Breast Milk -
 - a) Is a complete and balanced food that provides all the nutrients needed by the infant (for the first six months of life);
 - b) Has anti-infective properties that protect the infants from infection the early months;
 - c) Is always available;
 - d) Needs no utensils or water (which might carry germs) or fuel its preparations;
- iii)** Breast-feeding is much cheaper than feeding infant milk substitutes as the cost of the extra food needed by the mother is negligible compared to the cost of feeding infant milk substitutes;
- iv)** Mothers who breast-feed usually have longer periods of infertility after child birth than non-lactators;

B. Details of management of breast-feeding, are as under :

- i)** Breast-feeding-
 - a) Immediately after delivery enables the contraction of the womb and helps the mother to regain her figure quickly;
 - b) Is successful when the infant suckles frequently and the mother wanting to breast-feed is confident in her ability to do so;
- ii)** In order to promote and support breast-feeding the mother's natural desire to breast-feed should always be encouraged by giving, where needed, practical advice and making sure that she has the support of her relatives;
- iii)** Adequate care for the breast and nipples should be taken during pregnancy;
- iv)** It is also necessary to put the infant to the breast as soon as possible after delivery;
- v)** Let the mother and the infant stay together after the delivery, the mother and her infant should be allowed to stay together (in the hospital, this is called "rooming-in");
- vi)** Give the infant Colostrum as it is rich in many nutrients and its anti-infective factors protect the infants from infections during the few days of its birth;
- vii)** The practise of discarding Colostrum and giving sugar water, honey water, butter or other concoctions instead of Colostrum should be very strongly discouraged;
- viii)** Let the infants suckle on demand;
- ix)** Every effort should be made to breast-feed the infants whenever they cry;
- x)** Mother should keep her body and clothes and that of the infant always neat and clean,