

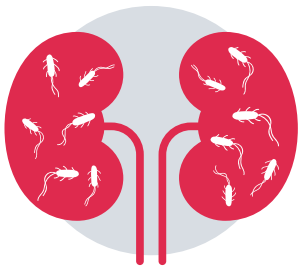
Food Safety for Children Under 5

Learn food safety steps to keep children under 5 safe from food poisoning.



Why are children under 5 at risk?

Young children have a higher risk of food poisoning. Their immune systems are still developing, so their bodies can't fight germs and sickness as well as adults. Food poisoning can be particularly dangerous for them because it can lead to diarrhea and dehydration.



Did you know?

15% of children under 5 years old with *E. coli* O157 develop hemolytic uremic syndrome (HUS), a serious condition that can cause kidney failure and even death.

High-risk foods for children under 5:



Unpasteurized (raw) milk or juice and all raw milk products



Foods containing raw eggs and/or raw flour, such as raw cookie dough or batter



Unwashed fruits and vegetables



Raw or undercooked fish, meat, or poultry



Raw or undercooked eggs

How long is baby food safe?

Solid foods (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



Use these 4 steps to food safety:



CLEAN

hands and surfaces often



SEPARATE

raw meat and poultry from ready-to-eat foods



COOK

foods to a safe internal temperature



CHILL

perishable foods within 2 hours



Provided by the U.S. Department of Health and Human Services (HHS) in partnership with the U.S. Department of Agriculture (USDA). The Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) are divisions of HHS. The Food Safety and Inspection Service (FSIS) is part of USDA.

For more food safety tips, visit [FoodSafety.gov](https://www.foodsafety.gov)