

# 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



## 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



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

## 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:**  
Wash hands and surfaces often.



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



**Cook:**  
Cook foods to the proper internal temperature.



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



For more food safety tips, go to  
**FoodSafety.gov**

ADDITIONAL SOURCE: CDC

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER