

What Parents Can Do...

- Practice safe food handling when preparing foods to bring to child care: i.e. wash hands, prepare foods on clean and sanitized surfaces, use clean containers that close tightly and wrap foods well to protect from contamination.
- Refrigerate bottles until you are ready to leave home. Immediately refrigerate all bottles of breast milk and formula and any perishable baby foods once you arrive at the child care.
- Label each bottle with your baby's name and the date the bottle/food was prepared.
- Send bottles to child care for one day only.
- Take any bottles left at the end of the day home with you. Bottles of frozen breast milk should not stay at the child care for more than two weeks.
- Send bottles filled with the amount of fluid your baby usually drinks during a feeding instead of full bottles, even if it means bringing more bottles. This eliminates waste. Caregivers can prepare another bottle if your baby needs more.
- Send only unopened containers of commercially prepared baby foods to the child care.
- Communicate often with the child care provider about your baby's feeding cues. Inform your child care provider about the signals your baby gives when hungry, full or playful. This will better help the child care provider understand and nurture your baby.



The Communicable Disease Outreach program staff offers consultations and STARS approved training to all child care providers in Snohomish County. We encourage child care providers to take advantage of our services to improve the health and safety of children in their care.



Infant Food Safety

Safe Bottle and Baby Food Handling in Child Care

PUBLIC HEALTH
ALWAYS WORKING FOR A SAFER AND
HEALTHIER SNOHOMISH COUNTY

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What Child Care Providers Can Do...



Make sure your staff do everything to provide for the comfort and safety of infants in your child care. Take special care to handle all infant foods in a way that reduces the risk of foodborne illness. Some foodborne illnesses can cause vomiting and/or diarrhea; some foodborne illnesses cause life-threatening illness.

Dehydration may occur which is especially dangerous for infants.



Safe Preparation of Baby Bottles

- Partition off the bottle preparation area or place it at least 8 feet from the diaper changing area.
- Wash hands before preparing bottles.
- Follow directions on the container and mix bottles using lukewarm water. Water from a handsink is **not** allowed.
- Use only cleaned and sanitized bottles and nipples when preparing powdered, concentrate, or ready to feed formulas. Prepare bottles **on demand** (shortly before serving) or refrigerate bottles until ready to serve.
- Plan ahead, thaw bottles of breastmilk in the main body of the refrigerator to use for the next day. Frozen bottles of breastmilk may also be thawed by running them under warm running water or in a pan of warm water and use immediately. **Do not refreeze breastmilk.**
- Before serving, warm bottles by running them under warm tap water (<120° F) or by placing them in a container of warm water (< 120° F) for less than 5 minutes. If a crock pot is used to warm up bottles the water temperature should not exceed 120° F and it should be emptied, sanitized and refilled daily.
- **Never microwave bottles of formula or breastmilk.** Microwave heating can create hot spots and may destroy some of the immune properties and nutrients in breastmilk.



Storage of Baby Bottles

- Bottles brought into child care by the parent should be clearly labeled with child's name and date and stored in the refrigerator so the contents are at 41° F or less. **Do not** place bottles in the door area of the refrigerator.
- Ask parents to bring bottles of breastmilk and formula in an amount the baby usually drinks daily.



- Unused bottles of thawed breastmilk or formula left in the refrigerator for more than 12 hours should be sent home at the end of the day or discarded.
- Throw away the contents of any bottle not fully consumed within one hour. Do not put bottles that have been served back into the refrigerator.
- Store frozen labeled bottles of breastmilk at 10° F or less in the main body of the freezer for up to 2 weeks. After that time they should be sent home with the parent or discarded.

Safe Preparation of Baby Foods

- Consult with parents about introducing solid foods and the cup to babies.
- Baby foods brought into the child care should be labeled, dated and stored in an isolated area which is dedicated to foods only (well away from the diaper changing area and cleaning agents).
- All perishable foods or homemade baby foods should be labeled and immediately stored in the refrigerator so that the foods are at 41° F or below.
- Wash hands before preparing baby food for babies.
- Open jars of baby food only when the baby is ready to eat them.
- Portion small amounts of baby food into a clean dish and use a clean spoon to feed baby.
- Immediately store opened baby food containers in refrigerator. Make sure they are clearly labeled.

