

Safe method:

## Babies and children – special advice

There are some foods for babies that need extra care and others that are not suitable for children.



### Safety point

#### Formula milk

If parents/carers bring made-up bottles of formula, put them in the fridge straight away. Keep them in the fridge until you are ready to use them. Use the formula within 24 hours.

Before you prepare a feed, clean worktops and wash your hands.

You should clean and sterilise bottles and teats before you use them. Follow the manufacturer's instructions on how to do this.

For more information on sterilising bottles, see the Department of Health's 'Bottle feeding' leaflet at [www.dh.gov.uk](http://www.dh.gov.uk)

Ideally, you should make up formula milk freshly for each feed. If there is any made-up formula milk left after a feed, throw it away.

Boil fresh tap water and let it cool, but for no more than half an hour. Always put the boiled water in the bottle first, before the powder.

Cool the formula quickly to feeding temperature by holding the bottle under cold running water (with the cap on).

#### Breast milk

Expressed breast milk should be stored in the fridge and used within 24 hours.

### Why?

If formula is not used as soon as it has been made up, it needs to be kept cold to help keep it safe.

Making sure that everything is clean reduces the chance of a baby getting sickness and diarrhoea.



Using made-up formula milk that has been stored may increase the chance of a baby becoming ill.

Using hot water will kill any harmful bacteria in the powder.



If expressed milk is not kept cold, harmful bacteria may grow in it.

### How do you do this?

Do you do this? Yes  No

If not, what do you do?

Do you do this? Yes  No

If not, what do you do?

## Safety point

### Baby food

If you are using bought baby food, follow the manufacturer's instructions on how to prepare and serve it.

If you make your own baby food (or a parent/carer brings home-made baby food), it is very important to cook, cool, store, defrost and reheat it safely. Follow the advice in the 'Keeping food cold' and 'Cooking and reheating safely' safe methods.

### Honey

Do not give honey to children under one year old.



### Fish

Do not give shark, swordfish and marlin to babies and young children.

### Shellfish

Avoid giving raw shellfish to babies and young children.

### Nuts

Do not give whole nuts to children under five. It is a good idea to crush or flake them.

## Why?

The manufacturer will have designed its instructions to make sure the food is safe for babies to eat.

If you do not handle baby food safely, harmful bacteria could grow in the food.

Very occasionally, honey can contain a type of harmful bacteria that can produce toxins in a baby's intestines and this can cause serious illness.

These fish contain relatively high levels of mercury, which might affect a child's developing nervous system.

Raw shellfish can contain harmful viruses and bacteria.

This is because of the risk of choking.

For more advice on what foods to give to babies and children, visit [eatwell.gov.uk/agesandstages](https://www.eatwell.gov.uk/agesandstages)

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