

# FEEDING INFANTS SAFELY

IN FAMILY CHILD CARE





## **Institute of Child Nutrition The University of Mississippi**

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at the University of Mississippi in Oxford and is operated in collaboration with the University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

### **PURPOSE**

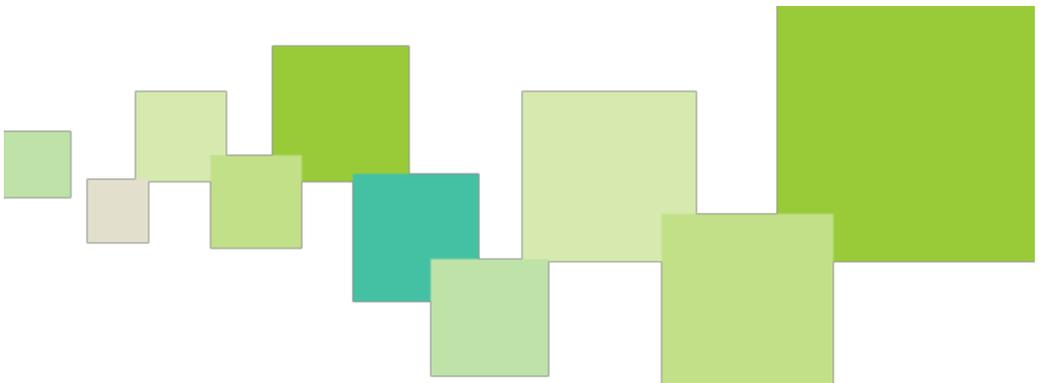
Improve the operation of child nutrition programs through research, education and training, and information dissemination.

### **VISION**

Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

### **MISSION**

Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.



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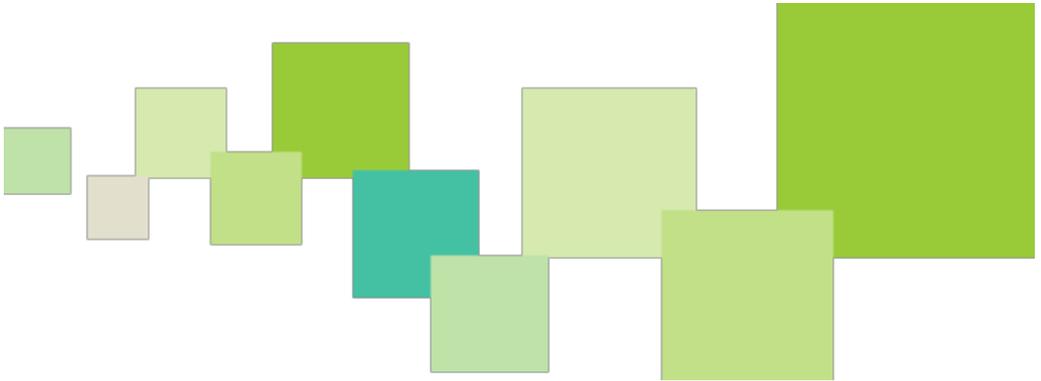
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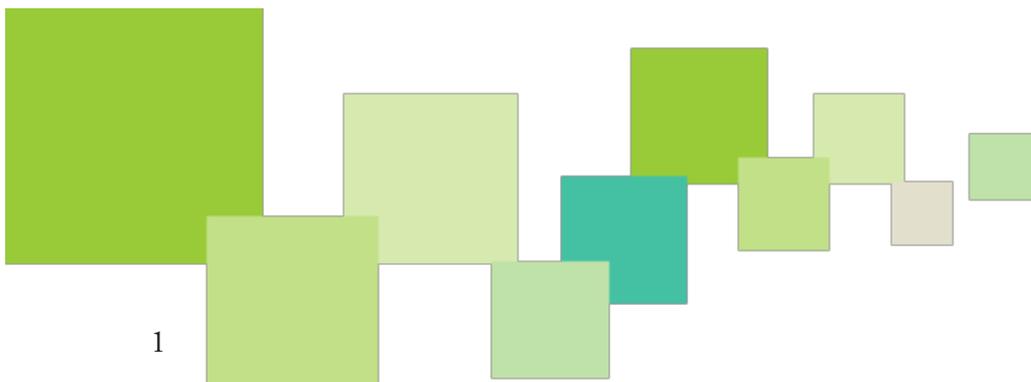


## INTRODUCTION

Food safety is an important and necessary practice when preparing meals and snacks for infants. During the early years, babies' bodies and immune systems are still developing. Because they are highly susceptible to illness, they need safe environments and safe food to reduce the risk of illnesses.

As a family child care provider, you play a major role in creating safe food for the infants in your care. Your job comes with many responsibilities, and one of the most important tasks involves applying good food safety practices when preparing and serving meals for babies in your care.

This resource will provide examples of safe food handling practices in a family child care setting. It is important to know that some information may vary from your State's specific requirements. Therefore, always check with your local authorities or sponsoring organization for guidance on the most current requirements for managing food safety in your family child care home.



# PUMPED BREASTMILK STORAGE

**Label all bottles** with the **child’s full name (first and last), contents, date, and time it was pumped.** Store in the back of the refrigerator where it is coldest. Keep bottles refrigerated until right before serving. Wash hands before handling bottles and breastmilk. If breastmilk is frozen, use the oldest milk first.

HUMAN MILK STORAGE GUIDELINES			
Type of Breastmilk	Storage Locations and Temperatures		
	Countertop 77 °F or colder (25 °C) (room temperature)	Refrigerator 40 °F or colder (4 °C)	Freezer 0 °F or colder (-18 °C)
Freshly Expressed or Pumped	Up to <b>4 hours</b>	Up to <b>3 days*</b>	Within <b>6 months</b> is best Up to <b>12 months</b> is acceptable
Thawed, Previously Frozen	<b>1–2 hours</b>	Up to <b>1 day</b> (24 hours)	<b>Never</b> refreeze breastmilk after it has been thawed
Left Over from a Feeding (baby did not finish the bottle)	Use within <b>2 hours</b> after the baby is finished feeding or discard		

Adapted from "ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants." Revised 2017.

Source: CDC *Proper Storage and Preparation of Breast Milk*: [https://www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

\*Per policy memorandum CACFP 02-2018: *Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers, this is the storage time for breastmilk in a child care setting.*

## FORMULA STORAGE

Label any bottles with the **child's full name (first and last), contents, date, and time it was received.** Keep bottles refrigerated until right before the child will eat. Consult your sponsoring organization and manufacturer's instructions regarding storage of formula.

- Throw away formula left in the bottle after each feeding.
- For prepared formula not served or given to an infant:
  - Cover and store prepared, **powdered** formula in the refrigerator, and throw away after 24 hours.
  - Cover and store prepared, **concentrated** formula in the refrigerator, and throw away after 48 hours.



## PREPARING/THAWING PUMPED BREASTMILK AND FORMULA

**Always wash hands before handling pumped breastmilk or formula.**

Three ways to thaw frozen pumped breastmilk:

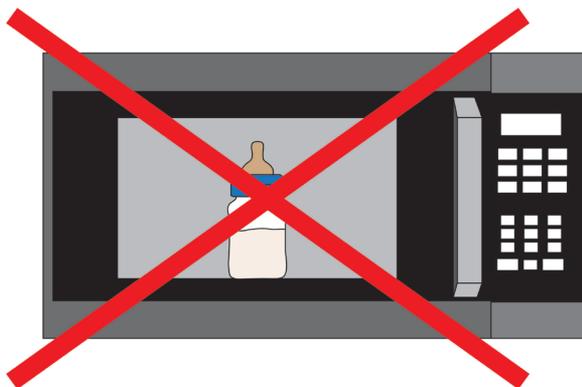
1. Place in the refrigerator overnight.
2. Set in a container of warm or lukewarm water.
3. Hold under lukewarm running water.

After thawing, gently swirl milk—do not shake.

Bottles can be served cold from the refrigerator and do not have to be warmed. However, if you choose to warm the bottles, follow these steps to warm refrigerated pumped breastmilk or formula:

1. Use a bottle warmer or hold bottle under warm running water. Ensure the temperature does not exceed 98 °F.
2. Gently swirl the bottle. Do not shake.
3. Check the temperature before serving—liquid should be body temperature or lukewarm.

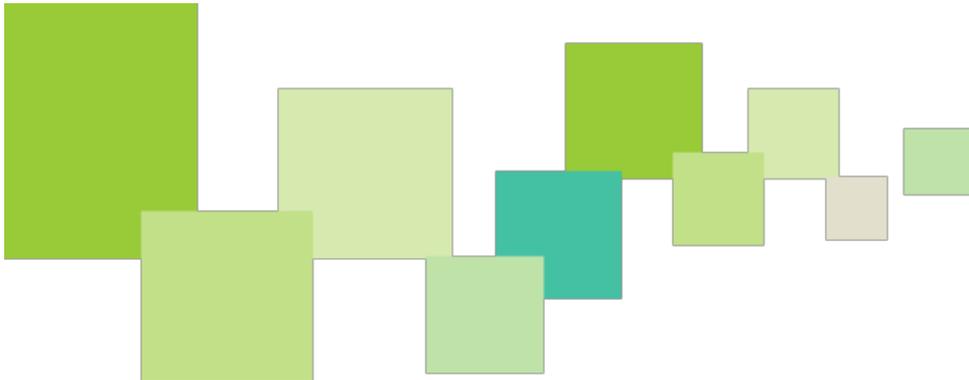
**NEVER** warm a bottle of breastmilk or formula in a microwave. The uneven heat can create hot spots and can burn an infant's mouth.



## SERVING COMMERCIAL BABY FOOD

When serving an infant commercially prepared food, remember these food safety tips.

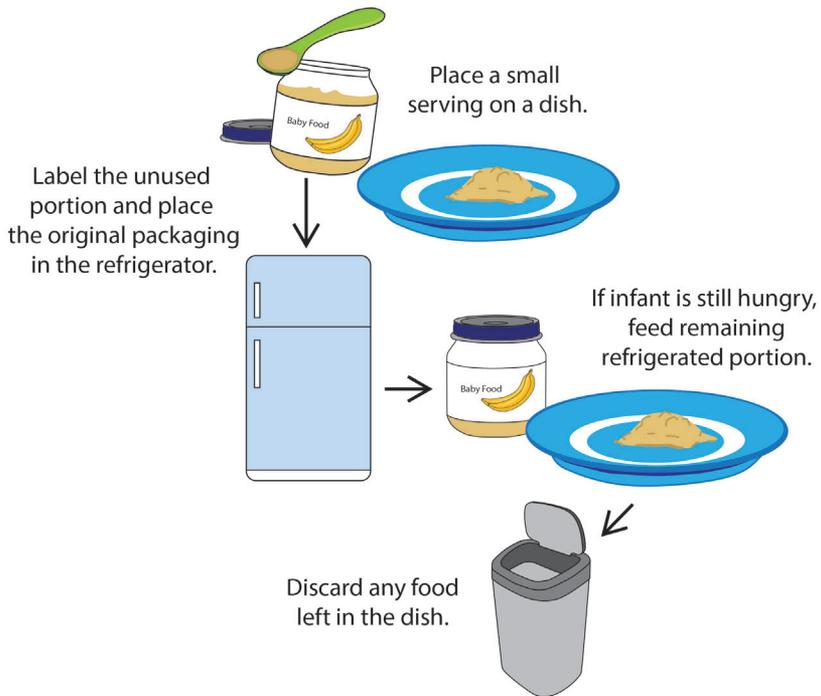
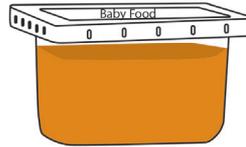
- Wash hands.
- Clean, rinse, sanitize, and air-dry any utensils used to prepare food before, after, and between uses.
- Use a separate spoon and bowl for each infant to prevent sharing germs and allergens.
- Discard open containers of baby food left out more than 2 hours at room temperature.
- Store opened baby food in the refrigerator for no more than 3 days; label and date the container with the child's full name (first and last) and date opened.



Safety button down  
(makes popping noise as  
pops up when opened)



- Seal not broken
- Throw away if swelling,  
leaking, or expired



## PREPARING HOMEMADE BABY FOOD

- Wash hands.
- Clean, rinse, sanitize, and air-dry any equipment used to prepare food before, after, and between uses.
- Use fresh fruits and vegetables whenever possible.
  - Wash under cold running water.
  - Purchase produce from approved sources.
- To avoid choking, prepare and cook vegetables and fruits to the appropriate texture.
  - Remove all pits, seeds, skins, and peels before serving.
  - Always cut vegetables and fruits into thin slices, and no larger than ½ inch.
  - Puree, mash, grind, or finely chop foods to needed consistency.

## Do not use these products when making baby food

### Raw, unpasteurized milk



May contain bacteria that can cause illness

### Honey



High risk of botulism that can cause serious illness or even death

### Home-canned foods



May contain bacteria if not canned properly

### Cans or jars



Discard damaged, outdated, or those without labels

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