



## Food Hygiene & Safety

### Sterilizing bottles and feeding equipment

You may either:

- Rinse all feeding equipment in cold water or wash in clean hot water with detergent added, it is advisable to use a bottle brush to thoroughly clean bottles and teats, then rinse again in hot water;

or

- Place equipment on the top shelf of a dishwasher to sterilise.
- Allow to air dry and then store in a covered container.

It is important to re-sterilize all equipment after use or if only using the equipment occasionally, prior to use (eg breast pumps).

### Why is food safety so important?

- Food poisoning can occur if food is not cooked thoroughly, cooked food is left on benches, contaminated equipment is used, food is past its "use by" date or due to poor hand washing.
- Food which can cause illness may taste and smell okay.

### Food safety when preparing and cooking food

- Before preparing food always wash your hands thoroughly with soap and running water. Dry with a clean towel or paper towel.
- Raw food should be stored away from ready-to-eat foods. Raw meat should be wrapped or in a container and stored near the bottom of the fridge so that juices can't drip on prepared food.



- Read labels of all processed food to check if the food is suitable for your baby also check the "used by" date.
- Read labels for the storage of sealed food in glass jars once opened.
- After opening tinned foods, remove food from tin and store in a glass or plastic container at the back of the fridge.
- When opening sealed baby foods listen for pop to indicate seal was intact.
- Wash fruits and vegetable under running water and then peel if necessary before using.
- Use a different chopping board and utensils for raw meat. Or wash them thoroughly before using them for other foods.
- Do not taste foods from the utensil used to stir food.
- When using a microwave to cook, rotate and stir the food so that it cooks evenly.
- Foods should be cooked thoroughly, especially meat, poultry, eggs and fish.
- Food should be served on clean plates or on a clean high-chair top.



- Unless foods are to be served immediately, they should be covered until ready to be eaten.
- High temperature (above 60°C) cooking destroys bacteria. Cooling in the fridge (5°C or less) slows bacteria growth.
- Freshly cooked food that is eaten straight away is safest; if foods cannot be consumed immediately, keep them cold (at 5°C or below) or hot (at 60°C or above).
- If your baby does not eat all the food in his bowl you must discard if baby is still hungry use a clean spoon to place more food in a bowl.

### Preparing your baby's food

- When feeding babies, ensure that their hands are clean and the food is cooled to lukewarm before feeding.
- Only feed directly from the baby food jar if your baby will eat all of the food or the uneaten portion is to be discarded; otherwise, use a clean plate or bowl.
- All leftovers should be dated and placed in the refrigerator to cool as soon as possible. Leftovers can be used the next day or stored for up to 2 months in freezer.
- Frozen foods should be thawed in the refrigerator overnight or under cold water in an airtight plastic wrapper or bag, stirring the contents from time to time and changing the water every 30 minutes.
- Foods can also be thawed in a microwave oven, using the defrost setting.
- When reheating food, heat it until it is 'steaming hot' throughout.
- Cooked food should not be re-heated more than once.

- All work surfaces, crockery, cutlery, cooking utensils and other equipment (including the high-chair if used) should be thoroughly cleaned to remove any food or other residue at the completion of preparation or a meal. This can usually be done by using warm water and detergent.
- Utensils and other equipment should be thoroughly dry before they are re-used.
- Pets should be kept from going near food or surfaces where food is prepared.

### Travelling with food for baby

- It is not recommended to carry prepared formula, is advisable to carry the powder that can be added to the bottle of cooled boiled water.
- Prepared food should be carried in an esky with an ice pack and on arrival at your destination placed in a refrigerator. Food should be used within 4 hours.

