

Five safer-feeding habits

A kitchen-door checklist for preparing and serving food to young children with care.

1

Keep clean

Wash hands with soap before preparing food and before feeding. Clean utensils and preparation surfaces.

2

Keep raw and cooked apart

Separate raw meat, poultry, fish and their juices from cooked or ready-to-eat foods.

3

Cook thoroughly

Cook food fully, especially eggs, meat, poultry and fish. Reheat cooked food thoroughly.

4

Keep food at safe temperatures

Serve freshly prepared food when possible. Do not leave cooked food at room temperature for more than 2 hours.

5

Use safe water and ingredients

Use safe water, choose fresh foods, wash produce and do not use damaged, mouldy or expired ingredients.

For every meal: sit them upright and stay close.

Choose textures that match the child's development. Remove bones, pits and hard pieces; cut soft foods appropriately; and supervise every bite.