

# University of California

## Agriculture and Natural Resources

Making a Difference for California

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# PRESCHOOL NUTRITION NEWS

CalFresh Healthy Living, University of California

## FOOD SAFETY TIPS FOR PRESCHOOLERS



**K**eeping preschoolers safe is the number one priority for families and caregivers. As we all get busy, sometimes it is nice to have a reminder about keeping food safe for children, especially when they are headed to school. Share these simple tips with children, parents, and families as a reminder to keep food safe and clean.

- 1. Develop a healthy habit for life.** Encourage handwashing after using the bathroom, before and after eating, after playing with pets, or whenever hands are dirty. Preschoolers are less likely to get sick, if they wash their hands often.
- 2. Make handwashing fun!** Sing "Twinkle, Twinkle, Little Star" or the "Alphabet" song or count for 20 seconds each time to make sure your child is washing long enough. Have them pick out a favorite soap to keep them interested.
- 3. Send a safe, healthy lunch.** Keep foods cold by adding a frozen juice box or small ice pack to an insulated lunch box.
- 4. Keep hot lunches hot.** Use an insulated thermos to keep foods like soup warm until lunchtime. Fill your thermos with boiling water and let stand for a few minutes. Then empty the water and fill with piping hot food.
- 5. Safe snacking.** Many hands touching snacks can result in the spread of germs. Divide snacks up into small bags. Rinse fruits and vegetables before slicing and serving them as snacks.
- 6. Stay clean.** Young children can easily get sick because their immune systems are not fully developed. Keep food and surfaces clean.



### Fall 2019

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### More Resources

**Visit our website:**  
<http://ceplacer.ucanr.edu>

You can email a UC CalFresh representative with any questions or information needs. Also, please feel free to share any tips or suggestions you might have with other teachers!

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## FOOD SAFETY CONCERNS FOR CHILDREN UNDER FIVE

Children under the age of five are at an increased risk for foodborne illness and related health complications because their immune systems are still developing. Young children with developing immune systems cannot fight off infections as well as adults can. Additionally, young children produce less stomach acid that kills harmful bacteria, making it easier for them to get sick.

Foodborne illness or food poisoning can be particularly dangerous for young children because with food poisoning often comes diarrhea. Since children's bodies are small, they can quickly lose a lot of body fluid causing dehydration. Other symptoms of foodborne illness include nausea, vomiting, stomach pain and cramps, and fever and chills.

According to the Centers for Disease Control and Prevention (CDC), children younger than five have the highest incidence rates of any age group of Campylobacter, Cryptosporidium, E. Coli 0157, E. Coli non-0157, Salmonella, Shigella, and Yersinia infection.

Food safety is particularly important for young children and is tightly linked to the food safety behaviors of their parents and caregivers.




## FOOD SAFETY TIPS FOR PRESCHOOLERS (CONTINUED)

(Continued from page 1)


7. **Some foods are hard to swallow.** Avoid foods that are hard to swallow or cut them into small pieces, about 1/2 inch. Hard-to-swallow foods can include peanuts, popcorn, round slices of hot dog, hard candy, whole grapes, and cherry tomatoes.
8. **Watch how they eat.** To prevent choking, have your preschoolers sit down when they eat. Avoid letting them run, walk, play, or lie down with food in their mouth.
9. **Seafood for preschoolers.** Omega-3 fats in fish and shellfish have important health benefits for young children. But be aware of chemicals, such as mercury. Choices that are often lower in mercury include salmon, sardines, tilapia, trout, pollock, and catfish.

# FOOD SAFETY for Children Under 5

Learn the food safety steps that will keep young children under 5 safe from foodborne illness.



**How Long Is Baby Food Safe?**







**FOOD SAFETY FOR CHILDREN UNDER 5**

**WHY ARE CHILDREN UNDER 5 AT RISK?**



Young children's immune systems are still developing.

Compared with other age groups, children **under 5 years** old have the highest incidence of several types of foodborne infections.

SOLIDS - opened or freshly made	Refrigerator	Freezer
 <p>Strained fruits and vegetables</p>	<b>2 to 3 days</b>	<b>6 to 8 months</b>
 <p>Strained meats and eggs</p>	<b>1 day</b>	<b>1 to 2 months</b>
 <p>Meat/vegetable combinations</p>	<b>1 to 2 days</b>	<b>1 to 2 months</b>
 <p>Homemade baby foods</p>	<b>1 to 2 days</b>	<b>1 to 2 months</b>

**Did You Know...**

- 15%** of children under 5 years old with *E. coli* O157 develop hemolytic uremic syndrome (HUS)
- 6%** of the general population with *E. coli* O157 develop HUS
- HUS** can cause damage to the liver, kidneys, and pancreas and can be fatal

## HIGH-RISK FOODS FOR CHILDREN UNDER 5



**Raw or undercooked**  
Foods including meat, poultry, and eggs

**Unpasteurized**



**milk or juice**



**Raw or undercooked**  
oysters and seafood

**REMEMBER**

**CLEAN**



**Clean:**  
Wash hands and surfaces often.

**SEPARATE**



**Separate:**  
Keep raw meat and poultry separate from ready-to-eat foods.

**COOK**



**Cook:**  
Cook foods to the proper internal temperature.

**CHILL**



**Chill:**  
Get leftovers to the fridge within 2 hours of being cooked.



For more food safety tips, go to  
**—FoodSafety.gov—**  
 USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

ADDITIONAL SOURCE: CDC

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## **Happy Healthy Me...Moving, Munching & Reading Around MyPlate for 4- to 6-Year-Olds**

Combines stories and literacy with nutrition education for Preschool and Pre-Kindergarten.

## **Parent Workshops**

Fun, interactive parent workshops are available. Please call for more information.

## **Go Glow Grow**

A preschool curriculum that teaches about healthy foods and what they do for the body.

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