



Safe Food Handling for Children Ages 5 & Under

Young children are at a greater risk of food poisoning and related complications.

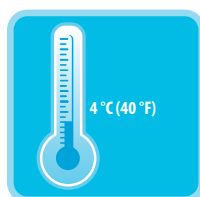
While most people affected by food poisoning can completely recover, serious long-term health effects are more common in children aged 5 and under.

You can protect children in your care when handling, storing, preparing and shopping for food.



Separate

Make sure to always separate your raw foods, such as meat and eggs, from cooked foods, fruit, and vegetables to avoid cross-contamination.



Chill

Always refrigerate food and leftovers within two hours. Set the internal temperature of the refrigerator at 4°C (40°F) or below, and use an appliance thermometer to monitor it.



Clean

Wash your hands, kitchen surfaces, utensils, and reusable shopping bags often with warm, soapy water to eliminate bacteria.



Cook

Always cook food to a safe internal temperature, using a digital food thermometer.

Learn more and get your free *Safe Food Handling for Children Ages 5 & Under* guide on [HealthyCanadians.gc.ca/foodsafety](https://www.healthycanadians.gc.ca/foodsafety) or call **1 800 O-Canada**.



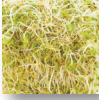
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Select the Safer Alternative

Consumption of certain high-risk foods should also be avoided.

Type of Food	Foods to Avoid	Safer Alternatives
 Dairy products	Raw or unpasteurized milk.	Pasteurized milk.
 Honey	Honey to infants who are less than a year of age, either added to baby food or used on a soother.	Wait until your child is older than one year. If you are looking for a way to quiet a fussy or colicky baby, ask your doctor for some alternative methods.
 Hot Dogs	Hot dogs straight from the package without further heating.	Hot dogs thoroughly cooked to a safe internal temperature. The middle of the hot dog should be steaming hot or 74°C (165°F).
 Eggs and egg products	Raw or lightly cooked eggs or egg products, including salad dressings, cookie dough or cake batter, sauces and drinks such as homemade eggnog.	Egg dishes thoroughly cooked to a safe internal temperature. Eggs should be cooked until the yolk is firm. Homemade eggnog must be heated to 71°C (160°F). Or use pasteurized egg products.
 Seafood	Raw oysters, clams and mussels.	Cook until the shell has opened.
	Raw seafood such as sushi.	Seafood cooked to a safe internal temperature of 74°C (165°F).
	Refrigerated smoked seafood.	Smoked seafood in cans that do not require refrigeration until after opening.
 Meat and poultry	Raw or undercooked meat or poultry such as steak tartare.	Meat and poultry cooked to a safe internal temperature.
 Fruit juice and cider	Unpasteurized fruit juice and cider.	Unpasteurized fruit juice and cider brought to a rolling boil and cooled. Pasteurized fruit juice and cider.
 Sprouts	Raw sprouts such as alfalfa, clover, radish and mung beans.	Thoroughly cooked sprouts.

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