Food Safety and Personal Hygiene in Complementary Feeding

Practicing good food safety and personal hygiene is important for preparing safe and healthy complementary foods, when feeding children and helps to prevent childhood illnesses, especially diarrhoea.

REMEMBER!
1. Use clean utensils to prepare and serve food
2. Select fresh or nutritious food
3. Reheat left-over food until hot and steaming

Wash your hands
- After cleaning your child’s bottom
- After using the toilet
- Teach your child to wash their hands with soap and clean water

with soap (or ash) and clean water
- Before preparing food
- Before cooking
- Always cover your water jar
- Always drink water that is boiled or from a safe source
- Always cover your food
- Always keep your home and surroundings clean

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