

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



After cleaning your child's bottom

Wash your hands



After using the toilet



with soap (or ash) and clean water



Before preparing food



Before cooking



Teach your child to wash their hands with soap and clean water



Source UNICEF

Always cover your water jar



REMEMBER !

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- 2
- 3

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



Source UNICEF

Always drink water that is boiled or from a safe source



Source UNICEF

Always cover your food



Always keep your home and surroundings clean