

# Hygienic preparation of feeds

After completing this session participants will be able to:

- explain the requirements for clean and safe feeding of young children
- demonstrate how to prepare a cup hygienically for feeding

# Clean hands

- After using toilet
- After cleaning baby's bottom
- Before preparing or serving food
- Before feeding children or eating



# Clean utensils

- Clean surface  
(table, mat or cloth)
- Wash utensils  
immediately after use
- Keep clean utensils  
covered
- Use clean utensils for  
baby



# Safe water and food

- Treat water for drinking and baby's feeds
- Keep water in clean covered container
- Boil milk before use
- Give freshly prepared complementary foods



# Safe storage

- Keep foods in tightly covered containers
- Store foods dry if possible (e.g. milk powder, sugar)
- Use milk within one day if refrigerated
- Use prepared feeds within one hour



# Disadvantages of feeding bottles



Difficult to clean and sterilize



May cause illness



Less adult attention

# For the caregiver

Correctly measured ingredients

