

411 Inappropriate Nutrition Practices (Infants)

Area:	Summary of Revision Updates: (Implemented Oct. 1, 2014)
Definition:	<p>411.9 Expanded list of inappropriate sanitation in preparation, handling, and storage of breast milk/formula -</p> <p>Inappropriate sanitation for breast milk:</p> <ul style="list-style-type: none"> • Thawing in a microwave • Refreezing • Adding freshly expressed unrefrigerated breast milk to frozen breast milk • Adding refrigerated breast milk to frozen breast milk in an amount greater than the amount of frozen • Feeding thawed breast milk more than 24 hours after thawing • Saving breast milk from a used bottle for another feeding • Failure to clean breast pump per manufacturer’s instruction <p>Inappropriate sanitation for infant formula:</p> <ul style="list-style-type: none"> • Storing at room temperature for more than 1 hour • Failure to store prepared formula per manufacturer’s instructions • Using formula in a bottle one hour after the start of a feeding • Saving formula from a used bottle for another feeding • Failure to clean baby bottle properly
Justification:	<p>Oral Health:</p> <ul style="list-style-type: none"> • Unrestricted bottles/snacking can be habit forming in later infancy and carry over into toddler-hood. <p>Safety:</p> <ul style="list-style-type: none"> • Safe handling and storage of breast milk/formula involves using: <ul style="list-style-type: none"> ○ a breast pump cleaned according to manufacturer’s instructions ○ a heat source to sterilize bottles and other items used in storage ○ refrigeration (40 degrees Fahrenheit or below) <p>Breast milk:</p> <ul style="list-style-type: none"> • There are variations in breast milk storage guidelines among recognized authorities. • The WIC population is considered an “at risk population”. • Currently it’s not possible to identify one cut-off for unsafe refrigeration limits for assigning WIC risk. • After 48 hours of refrigeration, breast milk loses some properties but is still superior to formula. • Participant circumstances (e.g., adequate refrigeration, safe water, heat source, infant health) need to be considered when recommending the length of time breast milk may be stored (see <i>WIC Learning Online Infant Feeding: Tips for Food Safety</i> guide). <p>Infant Formula:</p> <ul style="list-style-type: none"> • Powdered formulas can become contaminated with harmful bacteria during manufacturing. • To reduce the risk of harm from bacteria, it’s important to carefully prepare/handle formula (see <i>WIC Learning Online Infant Formula Preparation</i> guide). • It’s generally recommended to boil water used for formula preparation during the first 3 months of life. • Whether or not to boil water beyond the first 3 months depends on the safety of the water source, health status of the baby, and health care provider recommendations.