BENEFITS OF SAFE FOOD FOR CHILD GROWTH AND DEVELOPMENT

Globally, children under the age of 5 are at a higher risk of malnutrition and mortality due to unsafe food.

- 149 million have short height for their age;
- 45 million have low weight for their height;
- Unsafe food caused 1 in 6 deaths from diarrhea, a major killer in this age group.

ALL CHILDREN HAVE THE RIGHT TO:

- Safe foods
- Safe water
- Nutritious foods for healthy diets
- Exclusive breastfeeding for the first 6 months of life

REMEMBER:

- Good food hygiene practices
- Appropriate storage, preparation and service
- Keep your food safe and nutritious

HEALTH BENEFITS

- Health in the early and adult life
- Physical growth
- Risk of having diarrhoea

DEVELOPMENTAL BENEFITS

- Intellectual development
- School performance
- Physical potential

ECONOMIC BENEFITS

- Work productivity in adult life
- Earning potential in adult life
- Health spending for families and for society

Everybody has a role to play to ensure food safety for healthy growth!