



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.

REMEMBER:

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

ALL CHILDREN HAVE THE RIGHT TO:

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



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!