

# Baby food in a jar

A red heart-shaped callout containing text.

Balanced meals adapted to your child's age.

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Tasty morsels adapted to your child's age.

## PREPARATION

Warm up at a moderate heat in a saucepan or without a lid in the microwave. Try out the food to ensure that it is not too hot or cold. Stir the food so that the heat is evenly distributed. Your infant's saliva contains enzymes which break down the food, so if you feed directly from the jar the food may become watery after a while.

## DOSAGE

When your child gets to 4 months old you can begin with taste teasers of about a teaspoonful. Gradually increase the amount in line with your child's own wish to have more. The consistency of the hot meals is adapted to the child's age. For the younger infants, the food more resembles a purée whereas from the age of 8 months there are small morsels in the food.

## BEST BEFORE

The Best Before date is found on the top of the jar.

## STORAGE

To be stored unopened. Opened packaging of preheated food may be stored in a fridge with the top on for a maximum of 48 hours. Fruit purée lasts five days in the fridge with the lid on. Food that has been heated up shall not be saved.

## DID YOU KNOW?

A new and fault-free baby food jar must always emit a click sound when you open

it. Even at the shop you can check the jar. Press with your finger on the middle of the lid – if the lid is silent when you do this, the seal on the jar is OK. But if the lid bends in the middle when you press on the lid, it has an air intake and the baby food may have been spoiled.

## FAQ

**QUESTION:** Why are morsels of food important?

**ANSWER:** The infant needs to learn to eat food with morsels in order to exercise the mouth, the tongue and the pharynx. To start with morsels helps when speech training gets under way. If your child finds it a little difficult to bite the morsels in the food, we recommend that you pulp or cut them up into smaller pieces on the first occasions. Then gradually increase the size of the morsels.

**QUESTION:** Why does the baby food crackle when I heat it in the microwave?

**ANSWER:** Portions that are too small and dry may mean that it crackles in the microwave oven. We suggest that you place a glass of water at the same time and heat on lower output.

**QUESTION:** How can an unopened jar be kept so long?

**ANSWER:** The food is prepared in the same way as traditional pressure cooking. Accordingly there are no preservatives in the baby food. The click sound heard when you open the jar shows that it has been sealed and that it can be eaten.

## HAVE YOU ANY QUESTIONS?

Please contact our Consumer Advice on phone 80 60 74 00, 9:30-12 and 13-14, weekdays.  
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