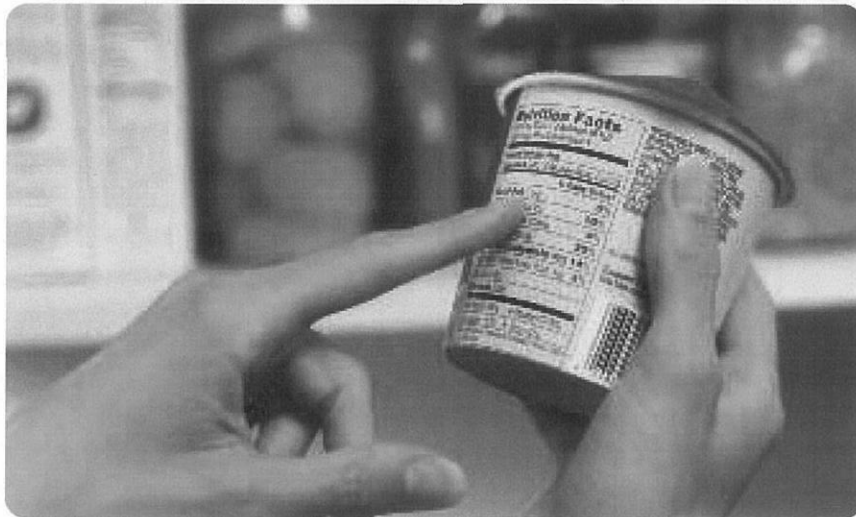


Ready-prepared baby foods

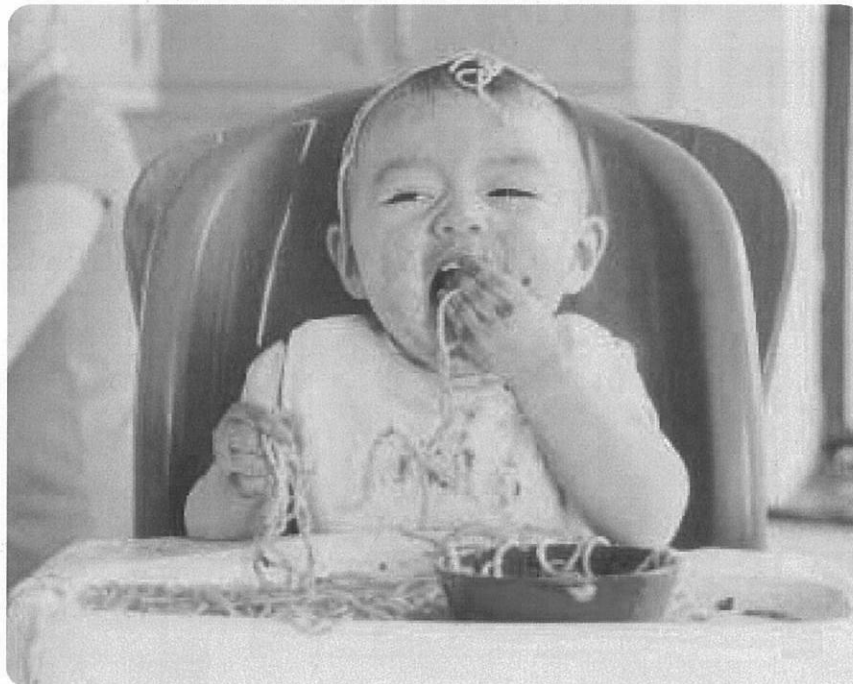
It can be useful to have a few jars, tins or packets of baby food in the cupboard, but don't let them replace family food altogether. Your baby needs to learn to eat family foods.

If you buy baby foods:

- Check the 'use by' and 'best before' dates
- Check that the seals on cans and jars haven't been broken
- Choose 'sugar free' foods, or foods which do not contain added sugars or sweeteners.



Remember to check the label of any food product you use to make family meals. Many of the food products we buy such as sauces, soups, breakfast cereals and ready-prepared meals are high in salt and sugars. Try to check the labels for healthier versions.



HANDY HINT

Cover the floor with newspapers or a protective mat and use a bib to catch food spills. Weaning can be a messy business.

Safety & hygiene

Ensure your baby is not at risk from germs as a result of food preparation and serving.

- Always wash your hands well before preparing your baby's food.
- Check that your baby's hands are clean before feeding.
- Keep surfaces clean and prevent pets from coming near food or surfaces where food is prepared.
- Keep chopping boards thoroughly clean.
- Keep cooked and raw meats covered and away from each other and from other foods in the fridge.
- Thoroughly wash all bowls and spoons for feeding in hot soapy water.
- Don't save and re-use foods that your baby has half eaten. It may result in a tummy upset.
- Cooked food should not be reheated more than once.
- Always check the temperature of the food before giving it to your baby – it should be lukewarm, never very cold nor piping hot.
- Wash and peel fruit and vegetables, such as apples and carrots.
- Avoid raw eggs.