

practical tips when feeding your infant or toddler: safety/hygiene



SAFETY WHEN PREPARING THE FOOD



Always **clean your hands** when cooking and make sure your baby's hands are clean



Roll up your sleeves



Put **long hair** in a **pony tail**



Use **paper towels** to clean the surfaces



Keep all surfaces and kitchenware clean when cooking



Wash and peel fruits and vegetables



Cook the food thoroughly and then **cool it to a lukewarm temperature**



Keep **cooked food** and **raw food separated**

SAFETY IN MATERIALS



Packaging and containers



Cutlery



Kitchen equipment



All baby food **materials and packaging** which **are in contact with food** are safe and regulated by law in the EU



Substances like **bisphenol A**, **bamboo-based additives** and **phthalates** found in plastic packaging are **not permitted** in baby food packaging



STORING AND REHEATING

 **Storage** : Cooked food that is not consumed immediately needs to cool down (within 1-2 hours) and then placed in the fridge or freezer  Food stored in the fridge should be eaten in the next 2 days







 **Defrosting** : Place the frozen food in the fridge overnight or use the defrost setting in the microwave  Never defrost at room temperature!  Once the food is defrosted, eat it within 24 hours

 **Reheating** : Check that the food is cooked all the way through and let it cool before feeding your baby  Always check the temperature before giving the food to your baby  Do not reheat cooked food more than once



Remember!
Offer food to your baby in small portions to avoid waste.
Do not save and reuse food that your baby has half-eaten before.

HOW LONG CAN FOODS BE STORED?

Food (opened or freshly made)	 Fruits and vegetables puree	 Meat and eggs puree	 Meat and vegetable combinations	 Homemade baby foods
 Fridge (days)	2 to 3	1	1	1
 Freezer (months)	6 to 8	1 to 2	1 to 2	1 to 2

