

# How long is homemade baby puree good for?

How long can homemade baby food be consumed?

How to eat baby food taken out of the refrigerator?

With the growth of the baby, breast milk and formula can no longer meet your baby's nutritional needs, so you should add some supplementary food. Most parents will make some pureed food for their babies. Pureed food is more suitable for babies to eat, easy for babies to swallow will not make the baby dangerous.

The pureed food made by ourselves is more assured to eat, but an essential question is how long can homemade baby food be consumed?

## How long is homemade baby puree good for?

There are many kinds of baby food, but the most suitable for babies is pureed food. In order to ensure the quality of food hygiene, many parents will make it by themselves for their baby. However, it is worth noting that pureed food cannot be stored for a long time because there are no sterilization measures in place when you make it at home. Generally, it needs to be consumed within two days.



When you make baby food at home by yourself, do not make too much at one time, if you do not eat it for a long time, the food will grow bacteria, and the nutrients will be lost over time. Making baby food for only one day or two days at a time can allow the baby to eat the freshest and most nutritious food so that the baby can fully absorb nutrients and grow healthier.

When you have finished making fresh baby food, be sure to refrigerate the food within two hours because bacteria will start to grow at room temperature after two hours. In addition, your refrigerator should be kept at or below 40 degrees Fahrenheit. When your refrigerator is too hot, some disease-causing bacteria can multiply rapidly, which can contaminate baby food and endanger your baby's health.

Homemade baby food can be kept in the refrigerator for 24-48 hours. When you take these foods out of the fridge for your baby, it is important to pay attention to how you serve them to prevent them from being attacked by bacteria.

**How to consume baby food from the refrigerator?**

Before serving baby food from the refrigerator to your baby, you need to thaw the food, and you can do the following:

1.Microwave thawing: Put the frozen food directly into the microwave oven for thawing, which can be done in about 15 seconds. Before giving it to your baby, you should remove any objects that may burn your baby.

2.Stovetop defrosting: Place frozen food in a pan and heat over low heat until the puree is no longer frozen and has its original consistency, but heat as necessary to preserve nutrition.

3.Soaking method: Place the frozen baby food in a plastic bag and thaw in a bowl of hot or warm water. It will heat the food evenly but will take longer, about 10-20 minutes, to thaw completely.



But it is worth noting that please do not allow baby food to thaw naturally at room temperature for a long time, because this will breed bacteria, which is extremely detrimental to the baby's health.

If you don't have time to make baby food by yourself, you can buy it. Baby food in stores is produced using the **Baby Food Production Line**, which has very high hygiene standards and is packaged in pouches that are clean and easy to eat.

**Baby Food Production Line** has a highly automated production method, which effectively reduces human intervention. The production process is pollution-free. The baby food produced has very high-quality standards and is recognized by many parents. In addition, the equipment is cost-effective, has

stable quality, and low price, which is a reliable choice for manufacturers.

Baby food is fundamental to ensure the healthy growth of babies, and the industry also has a huge potential for development. If you want to know more, welcome to contact us, we will be happy to serve you!