

How Long Will Homemade Baby Food Last?

As babies grow, parents are touched by the first smile, the first head lift, the first sit, etc. Parents are delighted by the changes that have taken place in their babies. But then comes all sorts of worries. The baby in about 4-6 months should eat some baby food, such as some vegetable puree and fruit puree. How to get these foods let parents worry about.

Many parents think that the baby food in the store is not safe, so they will choose to make it at home. Making baby food by yourself also has many advantages. First of all, the baby can taste the freshest ingredients. And parents can better control the baby's diet and easily grasp the ratio of fruits and vegetables that the baby eats.

But self-made baby food cannot undergo professional sterilization and other operations. The shelf life has become a serious topic. After all, the baby's body is very fragile, and the absolute safety of the diet must be guaranteed. So how long can homemade baby food be kept?

Refrigeration

Many parents put baby food directly in the refrigerator for refrigeration, but it is worth noting that although many fresh fruits and vegetables can be stored in the refrigerator for several days, baby food can only be stored for two days(48 hours) at most.

Therefore, when parents put baby food in the refrigerator, it is best to make a mark and throw it away as soon as it exceeds 48 hours. After all, food safety should be the first priority. We recommend that you make vegetable puree or fruit puree every day or every other day. And use new ones for easy

storage, and use a new spoon to scoop them out, because saliva and other bacteria can contaminate food.



Frozen

In order to enable your baby to eat the most nutritious baby food, it is recommended that you freeze baby food in the refrigerator for no more than 3 months, but in fact, baby food in a frozen state can be stored for 3-6 months, but the nutrition is the most abundant in 3 months.

Before freezing, it is recommended that you divide the food into equal parts, so that it can be taken out better and will not contaminate other food. Just take out one piece each time you give it to your baby.

In terms of storage, baby food purchased from the store is easier to store. Whether in terms of container or

sterilization, it is more convenient than baby food made by yourself. The most important thing is that it can save a lot of time.

Our [Loyal company](#) produces a professional [baby rice powder production line](#). Food-grade stainless steel guarantees hygienic quality. Professional sterilization equipment makes baby food safer. High-quality packaging equipment can better store baby rice powders, which can satisfy parents' demands to a large extent. You can contact us if you have any questions, and we will provide you with the most comprehensive answer.

For the baby food made by yourself, it must be stored in strict accordance with the above requirements, so that the baby can grow up better!