

Baby food in a jar

A red speech bubble containing the text "Balanced meals adapted to your child's age."

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A red speech bubble containing the text "Tasty morsels adapted to your child's age."

Tasty morsels adapted to your child's age.

PREPARATION

Warm up a sufficient amount in a saucepan or without a lid in the microwave. Test 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 that break down the food, so if you feed directly from the jar the food may become watery after a while.

DOSAGE

When your child is 4 months old you can begin with portions of about a teaspoonful to taste. Gradually increase the amount in line with your child wanting more. The consistency of the hot meals is adapted to the child's age. For 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 warmed food may be stored in a refrigerator with the top on for a maximum of 48 hours. Fruit purée lasts five days in refrigerator with the lid on. Food that has been heated should not be saved.

DID YOU KNOW?

A new jar of food that is free of defects will

always make a clicking sound when you open it. You can check the jar even while at the shop. Press with your finger on the middle of the lid – if the lid is silent, then the seal on the jar is OK. But if the can lid bends in the middle when you press on it then air has been let in and the baby food may have spoiled.

FAQ

QUESTION: Why are morsels of food important?

ANSWER: Your child needs to learn to eat food with morsels in order to exercise the mouth, the tongue and the pharynx. Starting with morsels helps when speech training begins. If your child finds it a little difficult to bite the morsels in the food we recommend that you mash them or cut them up into smaller pieces the first few times. 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 putting in a glass of water at the same time and heating 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 airtight and that it can be eaten.

DO YOU HAVE MORE QUESTIONS?

Please contact our Consumer Advice on phone + 46 2062 20 00, 9 AM to 12 PM weekdays.
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