

## Using ready-made baby foods

- > It can be convenient to use pre-prepared jars and packets of baby food, if they do not replace homemade food completely.
- > Homemade food will encourage your baby to become used to lumps and textures

When buying baby foods make sure:

- > They are within the use by date
- > No seals are broken or package damaging
- > Only heat up the amount you need
- > Throw away anything your baby doesn't eat

Also, bear in mind:

- > Do not add salt to homemade food, pre-prepared baby foods do not have added salt
- > Pre-prepared food is often more expensive!
- > Six months is the safest age to introduce solid foods, some pre-prepared foods