

Ready to Eat Baby Foods: Purée in a jar

Processing for the benefit of babies and toddlers.



Rapid growth and development take place in the **first 3 years of life**, in which babies and toddlers undergo **extraordinary changes** and develop food preferences that can have an impact on health later in life.

From around **4 - 6 months of age**, babies need **complementary food** (food other than breast milk or formula), e.g., fruit, vegetables, meat, cereals to cover their nutritional needs.



Keeping up with the nutritional needs of a rapidly developing child can be difficult, and **babies need very safe food** due to their vulnerability.



For this reason, once the healthcare professional recommends introducing complementary foods, baby foods are a **targeted, balanced, and well-suited option**, to help ensure appropriate nutrient intake, while at the same time, infants are learning **new developmental skills**, such as **eating from a spoon** instead of suckling. Baby foods are also subject to strict regulations, including on food safety.

Processing Techniques

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Each step ensures that baby food is safe, nutritious, and **suitable for infants and toddlers**:



Development of Recipes

According to the nutritional needs of the specific age groups during the complementary feeding period (e.g., low on sugar and salt, correct amount of protein, vitamins and minerals, high quality oils as source of essential fatty acids).



Agriculture and Ingredient Selection

Agriculture fields and ingredients are carefully selected to ensure that the ingredients meet baby grade quality (low levels of contaminants, high quality, and safety).



Cleaning, Preparation and Cooking

Ingredients are thoroughly harvested, pre-sorted, washed, peeled if needed, pre-cut, and sorted to remove foreign bodies, impurities, inedible parts, and/or inherent unwanted substances. They are then cooked to soften them and kill bacteria.



Puréeing and Blending

Cooked ingredients are minced and puréed to an age-adapted texture suitable for babies' and toddlers' stages, and different ingredients may be blended to create exciting tastes.



Food Preservation Techniques

Food preservation techniques are applied using heat treatment and pressure to eliminate any harmful microorganisms and preserve the purée during its entire shelf life. No preservatives are used.



Packing and Sealing

The purées can be filled in the container and sealed before or after heat treatment, depending on the preservation technique used. In any case, a proper sealing ensures the hermeticity of the container (jar) and protects the purée from being spoiled during its entire shelf life.



Labeling and Storage

Finished products are labelled with all necessary information (e.g., ingredient list, nutritional information, expiration dates, advice on how to feed the product) and stored in an ambient controlled environment (jar) until distribution.