

Tips for using baby food pouches



1

Try not to use them all the time; ideally a child's diet is balanced, varied and textured.



2

Dispense the food into a bowl rather than giving the whole pouch to your child to suck from.



3

Use once and then throw away what isn't eaten. Food contents spoil once exposed to the air.



4

Read the labels and choose varieties with only one or a couple of fruit/vegetable components.



5

Sit your child in a high chair when eating. This is one important way for them to learn about the socialisation of eating.



6

View pouch food as an addition to your child's diet rather than their primary form of nutrition.