

How long can you store your babies' foods

Baby food prepared at home must be served immediately or refrigerated for later.



That way, bacteria won't have time to multiply.

After meals, throw out all the food that was offered to Baby.

Legend

 In the fridge - temperature of 4 °C (39 °F)

 In the freezer

		
Fresh breastmilk	8 days	6 months (don't store in the freezer door)
Frozen breastmilk	24 hours	Never re-freeze



Any food that has stayed out at room temperature for over 2 hours should be thrown out.



Puree



Pieces



				
Cooked vegetables and fruits	2 to 3 days	2 to 3 months	2 to 3 days	6 to 8 months
Cooked meats	1 to 2 days	1 to 2 months	3 to 4 days	2 to 3 months
Cooked poultry	1 to 2 days	1 to 2 months	3 to 4 days	4 to 6 months
Cooked fish	1 to 2 days	1 to 2 months	2 to 3 days	1 to 2 months
Cooked beans and legumes	5 days	3 months	5 days	3 months
Tofu	6 to 7 days	1 to 2 months	6 to 7 days Keep in water and change water every 2 days.	1 to 2 months
Cooked eggs	—	—	7 days	—
Food combinations	1 to 2 days	1 to 2 months	3 to 4 days	About 3 months

Be cautious: Never re-freeze food that has previously been frozen!