

Watermelon For Babies: Storage And Feeding Tips

Storage Tips

Wash the fruit thoroughly under running water.



Store the whole fruit in a clean and dry place.



If sliced, wrap them in food-grade plastic over the cut side or keep the pieces in an air-tight container in the refrigerator.



Do not feed your baby sliced watermelons that are refrigerated for more than 24 hours.



Feeding Tips

Cut the fruit into small pieces.



Make sure to remove all the seeds before feeding the baby.



For younger babies, mash or puree the watermelon.



Feed the fruit to the baby only when they're sitting in an upright position.

