

Tips On Choosing And Storing

Tomatoes

For Your Baby



Selection

Choose cherry and grape tomatoes for babies, and avoid using tart tomatoes.



Select tomatoes that are firm and plump. Avoid the ones that are very soft, bruised, or damaged by insects or while handling.



Buy tomatoes at different stages of ripeness, then use the ripest ones.



Selection

To prevent bruising, handle the tomatoes gently, and discard any tomatoes that develop mold.



Tomatoes that are fully ripened can be kept in the fridge for two to three weeks. In the refrigerator, tomatoes won't continue to ripen, but they could become mushy and flavorless.



To ripen tomatoes, store them in a loose paper bag at room temperature and check them daily.

