



# HOMEMADE BABY FOOD

## You will need one of the following utensils:

- ⇒ A fork , OR
- ⇒ A fine mesh strainer, OR
- ⇒ A blender, OR
- ⇒ A food processor

**It is important** to wash your hands and clean all utensils before starting.

Wash hands, equipment and utensils in hot soapy water. Rinse equipment and utensils in hot water. **AIR** dry. Do not dry with a kitchen towel.

## Steps for making baby food:

1. Rinse fresh fruits and vegetables. Peel and seed, if needed.
2. Microwave or steam vegetables and fruit (such as apples and pears), until soft. Use the smallest amount of water possible.
3. Do not add salt, sweeteners or spices to your baby's food.
4. If the food is soft enough, mash it with a fork. If needed, add a small amount of liquid (breast milk or formula).
5. For foods that are not soft enough to mash with a fork: push soft foods through a strainer with the back of a spoon, OR put soft food and a small amount of liquid (breastmilk or formula) in the blender or food processor and blend until smooth.

## To store prepared baby food:

1. To refrigerate, put the food in a clean container with a lid. Keep it in the refrigerator for **no** longer than **3** days.
2. To freeze, pour prepared baby food into a clean ice cube tray or several small containers. Freeze until solid. When frozen, remove the food from the tray or containers and place in a plastic bag. Label the bag with the type of baby food and the current date. Keep in the freezer **no** longer than **1** month.

## To serve the baby food:

1. If frozen, thaw a portion of the baby food in the refrigerator OR in a container placed in hot water OR microwave on the thaw or lowest setting. If it is microwaved, **you must stir it well before feeding it to your baby**. Stirring gets rid of hot spots that might burn your baby's mouth.
2. Use a small spoon to feed the baby food to your baby. If your baby does not finish all the food, throw away what is left in the dish.



**Suggested foods that are soft or can be cooked until soft to make baby food**



avocado	apricots
carrots	pears
green beans	mango
green peas	peaches
sweet potatoes	bananas
squash-acorn or butternut	apples

