

Make Your Own Baby Food

Homemade baby food is great for baby and the whole family!

- Helps cut down on family food costs
- Helps baby get used to foods the family eats
- Gives baby the nutrients he needs without added chemicals or fillers

As your baby matures, slowly start letting her try healthy foods from the family table. Set aside some food for baby before adding sugar, salt, or heavy spices for the rest of the family.

How to make it:

First, wash hands and work spaces thoroughly. Then, follow the chart below.

To make...	Prep	Cook	Blend
Fresh Fruits and Veggies	Wash, peel, and remove any core or seeds.	Cook food until tender. Boil in a small amount of water. Or, try steaming or baking.	Use a blender, fork, or food grinder to mash the food until it is smooth. Add liquid, such as water, 100% juice, formula, or breast milk, to thin as needed.
Canned or Frozen Produce	Be sure it has no added salt, sugar, fat, or spices.		
Meat, Poultry, or Fish	Remove bones, skin, and fatty parts.		

Keep it safe:

- Let food cool so it does not burn your baby's mouth and throat. Taste-test the temperature before serving.
- Give your baby one new food at a time. Wait at least 2-3 days before starting a new food. Watch for any allergic reactions. Do not serve any mixed-ingredient foods until you have served each ingredient on its own.
- Refrigerate baby food that is not eaten right away. Use meat, poultry, fish, or egg yolks within 1 day. Use all other baby food within 1-2 days. Or, store in the freezer up to 1 month. Freeze in clean ice cube trays. Store frozen cubes in a bag labeled with the date the food was frozen.
- Re-heat stored baby food to at least 165°F. Let cool to a safe temperature before serving.
 - **On the stove:** Place a small heat-safe dish in a small pot. Add about an inch of water. Bring water to a simmer. When food is warm, remove from pot. Stir and test for temperature.
 - **In the microwave:** Stir well and turn dish often to prevent hot spots. Stir, let sit a few minutes, and test for temperature.