

### Homemade Baby Foods

Baby food does not have to come in jars, pouches or boxes. Making your own baby food is not difficult. Baby food is simply strained, pureed or mashed adult food. Some families choose to do both, store bought and homemade.

**It's easy! Cook food soft, puree, pour into ice cube trays and freeze.**

#### **Some good reasons for making your own baby food:**

- You know what is in it.
- You can custom-tailor the texture of different foods to your baby's preference.
- You can help your baby to learn what fresh foods taste like.
- You can save money.

#### **Tips for making your own baby food:**

- When possible, buy organic or local grown fruits and vegetables.
- No need to add salt, spices or sugar.
- Avoid deep frying.
- You may steam, boil, bake or microwave foods.
- Whatever method of heating you use, stir the food well and test it with your finger to be sure it's not too hot.
- Pureed foods spoil more easily than other foods, so use immediately or freeze portions. If you store food in the refrigerator, use within 2-3 days.
- **Do not store foods if the spoon has been in the baby's mouth, in other words, throw away leftover food.**  
You can always prepare more food if your child wants more.

#### **Supplies:**

- Food processor, blender, masher, grinder, food mill and/or strainer
- Steamer, roasting pan, microwavable container, oven dish

#### **Supplies for food storage:**

- Ice cube trays
- Storage jars 1-4 oz
- Small freezer bags
- Muffin tin

#### **Food tips:**

- **Cereals/whole grains** – baby dry rice, adult instant oats or other whole grain cereals, pasta, quinoa
- **Vegetables** – fresh or frozen preferred
- **Fruits** – fresh, frozen or canned (in juice or lightest syrup available -if in syrup, rinse fruit with water and do not use the syrup)
- **Meats/Lentils** – chicken, turkey, fish, beef, lamb, beans (may need to add warm water, vegetable water or vegetable broths to puree)
  - ***If you are going to freeze meat, do not add water. Freeze in "flake" state and add liquid after thawing.***
- **Others** – yogurt, cheese, eggs, thinned peanut butter or peanut powder, sweet potatoes, avocados

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