

I Eat Homemade Baby Food Because.....

- It's easy!
- It costs less!
- We know what's in my food: no added sugar, salt, or fat!

Here is what you need:
Fork, Baby Food Grinder,
Food Processor or
Blender



How to do it:

1. Wash all equipment and your hands with hot, soapy water and rinse.
2. Prepare fruits and vegetables by washing, peeling, and removing seeds. Meats should have bone, skin, and fat removed.
3. Cook food until tender by baking, boiling, or steaming.
4. Use fork, baby food grinder, food processor or blender and blend or mash until smooth. Add liquids such as water, juice, breast milk, or formula to change texture.
5. Refrigerate or freeze foods that will not be eaten immediately after cooking. Throw out any food left unrefrigerated for over 2 hours.

You can prepare these foods:

Vegetables

Steam or Boil with a little water.

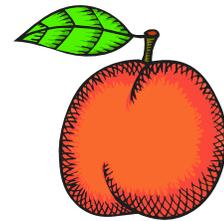
- Beets
- Carrots
- Green Beans
- Potatoes
- Sweet Potatoes
- Sweet Peas
- Winter Squash



Fresh Fruits

Mash soft fruits. Cook hard, fresh fruits.*

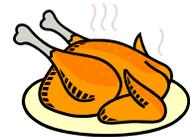
- Apples*
- Apricots
- Bananas
- Mangoes
- Nectarines
- Peaches
- Pears
- Plantains*
- Plums



Protein Foods

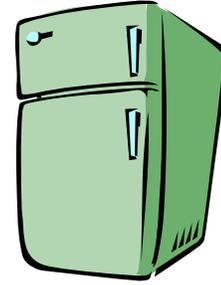
Bake, broil, or boil these foods. Use the baby food grinder, food processor or blender

- Chicken
- Dried Beans
- Fish
- Lamb
- Lean Beef
- Turkey



How to store it:

- In the refrigerator: Cover the food tightly. Keep cooked fruits and vegetables no longer than 3 days; raw fruits and cooked meats only 2 days.
- In the freezer:
 1. Fill ice cube tray with homemade baby food.
 2. Cover with plastic wrap or foil and freeze until solid.
 3. Remove frozen cubes from tray.
 4. Place cubes in plastic freezer bag.
 5. Label and date each bag.
 6. Throw away unused cubes after one month.



Preparing frozen baby food:

Thaw the frozen cubes:

- in the refrigerator, or
- use the microwave defrost setting.

Heat thawed food :

- until warm, do not overcook.
- Caution must be used, if using a microwave.
Be careful not to get the food too hot to burn the baby's mouth.

Serving baby food:

- stirring the food well after heating and checking the temperature before feeding your baby.
- Serve in a small dish.
- Throw away what baby does not eat.

For the older baby:

Meal #1: 8 months or older

$\frac{1}{4}$ cup plain yogurt or cottage cheese

$\frac{1}{4}$ cup fresh fruits

$\frac{1}{4}$ cup cooked cereal

Blend the ingredients until smooth.

Meal #2: 10 months or older

$\frac{1}{2}$ cup cubed/cooked meat

$\frac{1}{2}$ cup cooked /cubed vegetables

$\frac{1}{4}$ cup liquid

Blend the ingredients until smooth.

NOTE: Blend the ingredients less smooth as your baby gets older to help them learn to chew.



Recipes:

Green Beans

1 lb. fresh or canned green beans

If fresh, wash beans and remove ends and strings.

Steam 20 to 30 minutes. Blend or mash. Yields: $1\frac{1}{2}$ cups or 8 food cubes.

Cooked Peaches

1 lb. fresh peaches

Wash fruit. Steam 15 minutes or bake in covered dish with a little water or wrapped in foil at 375°F for 20 minutes. Cool. Remove skin and pits. Blend or mash. Yields: 2 cups or 10 food cubes.

Winter Squash

1 lb. fresh or frozen squash (acorn, butternut, pumpkin)
 $\frac{1}{4}$ - $\frac{1}{2}$ cup liquid

Wash well. Cut acorn squash in half; other varieties cut in large pieces. Remove seeds and stringy centers. Do not remove the skin. Steam for 25 minutes or bake at 375° F for 50 minutes in covered dish or wrap in foil. Scoop out of skin and blend. Add liquid if thinner product is desired. Yield: 1 cup or 5 food cubes.



COMMONWEALTH OF KENTUCKY
DEPARTMENT FOR PUBLIC HEALTH
275 EAST MAIN STREET, HS2W-D
FRANKFORT, KY 40621-0001

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