

Preparing Homemade Baby Food

- ✓ It's easy!
- ✓ It costs less!
- ✓ 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. Use separate cutting boards for meat, poultry and fish.
4. Cook food until tender by baking, boiling, or steaming.
5. Use fork, baby food grinder, food processor or blender to blend or mash until desired texture. Add liquids such as water, juice, breast milk, or formula to change texture.
6. Refrigerate or freeze foods that will not be eaten immediately. Throw out any food left unrefrigerated for over 2 hours.

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 baby food. Each cube is about 1 oz. of 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.
- Be careful not to get the food too hot to burn the baby's mouth.

Serving baby food:

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



Feeding Your Baby

1. When baby is ready for solids they will have steady head control and can sit up with little or no help.
2. When introducing solid foods only introduce 1 food at a time for 3 to 5 days to make sure your baby does not have food allergies.
3. As baby gets older, let them feed themselves.
4. Change the food texture of the baby food as baby becomes developmentally ready.
5. Baby will try to pick up food pieces and bring them to their mouth.
6. Allow your baby to try finger foods when they are ready.
7. It may take 8-15 times for a baby to try a new food before they decide they like it.



Vegetables

Steam or boil with a little water until soft or “fork tender”.

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



Fresh Fruits

Mash soft fruits. Steam or boil 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 to blend to desired texture.

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

Peas

- 1 cup fresh or frozen peas
- 1/4 cup water

Steam or boil fresh or frozen peas in a saucepan for 2 to 3 minutes until tender-crisp. Remove and put in a blender, reserving leftover water to use for thinning out the peas. As you puree, add enough water to achieve the desired consistency.

Applesauce

- 1 apple
- 1/4 cup of water

Peel the apple. Cut apple into quarters and remove the core. Cut apple into chunks and place into a large pot with water. Simmer until apple is soft and tender. Blend or mash
Yields 6 oz. of baby food for 6 ice cube servings

Recipe ideas for the older baby:

Breakfast Option

- ¼ cup plain yogurt or cottage cheese
 - ¼ cup fresh fruits
 - ¼ cup cooked cereal
- Blend the ingredients until smooth.

Lunch or Dinner Option

- ½ cup cubed/cooked meat
 - ½ cup cooked /cubed vegetables
 - ¼ cup liquid
- Blend the ingredients until smooth.

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

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