

## STORING BABY FOOD

### TO REFRIGERATE

- Put food in clean container and cover it.
- Keep in refrigerator no longer than 3 days.

### TO FREEZE

1. Pour prepared baby food into clean ice cube tray or small container.
2. Cover with plastic wrap, lid or aluminum foil.
3. Freeze until solid.
4. When frozen, remove food from container, place in plastic bag. Label and date the bag.
5. Keep in freezer no longer than 1 month.

### To Use

Thaw a portion of baby food in refrigerator or heat in a pan.

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<http://ceplacer.ucanr.edu>

For more information on this topic, or other nutrition topics that relate to children 0-5 years old, contact:

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## MAKING YOUR OWN BABY FOOD



Funded by First 5 Placer County  
Children and Families Commission

## GETTING READY

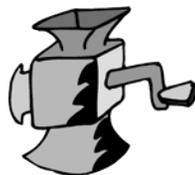
1. You will need a fine mesh strainer in good condition  
OR  
baby food grinder  
OR  
blender.
2. Cleanliness is a must to keep baby's food safe.
3. Before starting, wash hands and equipment in hot soapy water.
4. Rinse equipment in hot water, then air dry.



mesh strainer



blender



baby food grinder

## IDEAS FOR BABY FOODS

VEGETABLES	FRUITS	PROTEIN FOODS
Carrots	Apples	Lean beef or pork or chicken or turkey (without skin)
Greens	Apricots	Liver
Green beans	Bananas	Cooked beans/peas
Green peas	Melon	Cooked egg yolk
Potatoes	Peaches	Fish (without bones)
Squash	Pears	
Sweet potatoes	Plums	
	Prunes	
Steam vegetables in small amount of water for a short time until soft.	Use ripe fresh fruit or cooked fruits.	Cook protein foods until well done.

Offer fruit juice only when baby can drink from a cup. Use pure unsweetened juices and add extra water.

**AVOID** foods that baby can choke on such as: raisins, nuts, seeds, popcorn, chips, hot dogs.

Don't season the baby's food.

## STEPS

1. Start with good quality food. Wash fruits and vegetables thoroughly. Peel and seed if necessary. Remove fat from meat.
2. Cook food in small amount of water until tender. Save cooking liquid for thinning food. You may also thin food with breast milk, formula, fruit juice, or plain water.
3. Prepare the food
  - Push soft food through a mesh sieve with the back of a spoon.
  - Grind soft foods.
  - Add enough food and liquid to cover blender blades. Blend until smooth.
4. Use a small spoon to feed baby. If baby does not finish the meal, throw away what is left in baby's dish.
5. You can make enough baby food for more than one meal. Refrigerate or freeze the extra food.