**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.

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

**Nutrition BEST**
University of California Cooperative Extension
11477 E. Avenue
Auburn, CA 95603

Phone: (530) 889-7350
Fax: (530) 889-7397
Email: ceplacer@ucdavis.edu

**Making Your Own Baby Food**

Funded by First 5 Placer County Children and Families Commission
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.

---

**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.

---

**Ideas for Baby Foods**

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruits</th>
<th>Protein Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
<td>Apples</td>
<td>Lean beef or pork or chicken or turkey (without skin)</td>
</tr>
<tr>
<td>Greens</td>
<td>Apricots</td>
<td>Liver</td>
</tr>
<tr>
<td>Green beans</td>
<td>Bananas</td>
<td>Cooked beans/peas</td>
</tr>
<tr>
<td>Green peas</td>
<td>Melon</td>
<td>Cooked egg yolk</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Peaches</td>
<td>Fish (without bones)</td>
</tr>
<tr>
<td>Squash</td>
<td>Pears</td>
<td></td>
</tr>
<tr>
<td>Sweet potatoes</td>
<td>Plums</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prunes</td>
<td></td>
</tr>
</tbody>
</table>

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.

---

**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.