

“Making Baby Food with Fruits and Vegetables!”

Making your own baby food is healthy and easy to do!

You will need:

- ❖ Fruits and vegetables without added sugar, fat, salt, or seasonings. Apples, pears, peaches, plums, bananas, carrots, squash, green beans, peas, and yams are good fruit and vegetable choices.
- ❖ Common kitchen cooking and food preparation equipment and appliances.
- ❖ Something to mash or grind the food such as a food grinder, blender, potato masher, or fork.
- ❖ To use clean, dry, food containers for storage. Jars, plastic containers, covered ice cube trays, and plastic freezer bags are great for storage.



What to do:

1. Wash hands, surfaces and equipment with hot, soapy water—rinse and dry.
2. Wash fresh fruits and vegetables. Peel or cut off their skins and remove any seeds.
3. When cooking is needed, bake, boil, or steam food until tender enough to be pureed or mashed.
4. Use a food grinder, blender, potato masher, or fork to mash foods until smooth. Throw away any lumps or hard pieces.
5. If needed, add a little liquid (breast milk, water, or formula) to thin-out thick foods to the desired smoothness.
6. Before pouring the food into a food storage container, write the date the food was prepared and the name of the food on the container. Cover and store in the refrigerator or freezer until ready to use.
7. For safe food storage, use prepared *refrigerated baby fruits and vegetables within 48 hours, and use prepared **frozen baby fruits and vegetables within 1 month.



*Keep refrigerated foods at 40 degrees or less Fahrenheit.

**Keep frozen foods at Zero degrees or less Fahrenheit.

Source:

“Infant Nutrition & Feeding: A Guide for Use in the WIC & CSF Programs”—FNS-288; Revised September 2008.

“Making Safe Baby Food with Fruits and Vegetables !”



Remember Food Safety!

- ❖ Special care should be taken when preparing baby foods. Babies are not as strong as older children and adults, and they can catch germs (bacteria & viruses) more easily and become sick.
- ❖ Since raw or uncooked foods contain germs, never let these foods come into contact with cooked foods. Carefully wash cutting boards, cooking spoons, knives, etc. that have been used with raw foods before using with cooked foods.
- ❖ Refrigerate or freeze freshly prepared baby food as soon as possible. Including serving time, baby food should be discarded if held at room temperature more than 2 hours. Always discard any uneaten leftover food.
- ❖ Thoroughly reheat refrigerated or frozen baby foods before the feeding begins. When warming the baby food, heat food in a small dish set in a pan of hot water. Always stir the food well and test the temperature of the food before feeding your baby.
- ❖ **WARNING:** Use extreme caution if defrosting or heating baby food in a microwave oven. Microwaves heat foods unevenly and form “hot spots”. Most health and child care professionals do not recommend using microwave ovens to warm baby food.
- ❖ **Note:**
- ❖ 1. Honey and some corn syrups may carry very dangerous germs. **DO NOT** give these foods to infants under the age of 12 months.
- ❖ 2. Nitrates are naturally occurring chemicals found in certain foods. Infants ingesting high amounts of nitrates can lead to decreased ability of the infant’s blood to carry oxygen. Therefore, **DO NOT FEED home-prepared spinach, beets, turnips, carrots, or collard greens** to infants under 6 months old.

Source:

“Infant Nutrition & Feeding: A Guide for Use in the WIC & CSF Programs”—FNS-288; Revised September 2008.