

Making baby food at home



MAKE MY FOOD AT HOME

You decide what is in it - Choose fresh, frozen, local or organic ingredients.

Nutrition - As good or better than baby food in a jar.

Convenience - Save trips to the market by storing baby food in the freezer. Take out just what you need.

Tastes great - Baby will love it!

Quick & Simple - Requires a blender, ice cube tray and a freezer.

Cut food costs - Save up to 70% by making baby food at home.

Buy
46¢



MAKE
20¢

1. Keep it Clean

- Wash fresh produce in warm, clear water.
- For items like sweet potatoes that have a tough skin, use a vegetable brush.



2. Separate

- Make each baby food by itself.
- Use clean knives, cutting boards, pans, etc. for each food.
- Cook and freeze baby foods separately; you can mix together at mealtime.



3. Prepare

- Cook the food in plain or bottled water.



- Do not add salt or sugar - baby has more sensitive taste than grown-ups and will like the plain food just as it is.
- When tender, put cooked food into a blender or mash to the right texture. Add some water or 100% apple juice if it needs to be thinner.



4. Freeze

- Freeze the baby food overnight in an ice cube tray.



5. Store

- Pop out frozen cubes; store in a new plastic freezer bag; label and date.
- Keep frozen; no quality loss for up to 3 months.

6. Serve

- Remove as much as needed. Each "cube" has about 1 oz baby food (2 tablespoons).
- Reheat and test temperature.

Meats

- Use only plain meats.
- If you are cooking a roast for the family, do not make baby food from it if you added salt, onion soup mix or mushroom soup to the pot.
- Check meats for doneness with a food thermometer. Be sure all meats are cooked to 165 degrees so that harmful germs are killed.
- Use a blender for young babies who need a smooth texture.

Fruits

- Cook fresh fruits in juice soon after peeling or cutting.
- Heat kills enzymes that cause browning.

Try Other Foods Too!