



Baby Your Baby with Homemade Food

Want to try making homemade food for your baby? It's not hard!

Advantages of making it yourself:

1. You control exactly what goes into your baby.
2. Use fruits and vegetables that your family is already eating, reducing waste.
3. It can be a real money saver!

Ways to prepare baby food:

1. Steaming
2. Boiling
3. Baking or roasting
4. Microwave
5. Pressure cooking
6. Grilling
7. Sautéing

Preparation: When making food for Baby it is especially important to follow food prep safety. Wash your hands, clean the produce, clean your work area, and cook foods to recommended temperatures.

Texture: As your baby first starts solid food, you will need to prepare the purées with a thinner texture. As they advance and show readiness signs, you can begin making a thicker texture of baby food for them to enjoy.

Storage: Refrigerate your homemade baby food within 2 hours. It can be stored in the refrigerator for up to 72 hours or in the freezer for up to three months. To freeze, use ice cube trays spooning the mixture into separate cubes. You can thaw the baby food when ready by simply moving a cube or the desired amount to the refrigerator where it can stay for up to 48 hours. You can also submerge by placing the cube in a separate container and then putting the container in warm water for about 10 – 20 minutes or microwave on 50% power for 15 second increments. It is suggested not to reheat the food more than once.

Fruits: Soft fruits require no cooking. Mash and serve. Harder fruits such as apples and pears need to cook before puréeing.

Vegetables: Cook by desired method. Steaming or baking works best. Drain and mash. Then purée.

Grains: Grind the uncooked grain into powder form using a food processor. Then cook for about 15 minutes in water until it reaches a soupy consistency.

Meats: Cook the meat until well done. Use your blender or food processor and purée.



Apple, Spinach, Kiwi Purée

4 cups apple, 1 cup baby spinach, 1/4 cup kiwi

Peel and slice apple. Place into medium sauce pan with enough water to cover. Bring to a boil and cook for 10 minutes. Wash and thinly slice spinach. Add spinach into sauce pan with apples and cook for 30 more seconds until spinach is soft. Drain. Peel kiwi and chop into chunks. Place apples, spinach and kiwi into food processor and blend until smooth.

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Blueberry, Banana, Avocado Purée

1/2 cup blueberries, 1/4 cup avocado, 1 banana, 1/4 cup yogurt

Wash blueberries. Remove peel from avocado and cut into chunks. Remove banana from peel and slice. Blend blueberries, avocado, and banana until smooth. About 2 to 3 minutes on medium. Scraping sides every 30 seconds to help purée blueberry peel. Add yogurt and blend for an additional 30 seconds. Chill until served.

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