

HOMEMADE BABY FOOD

Tips and Tricks

ADAPTED FROM **KIDS eat right.** BY **wic** NEBRASKA



Making baby food at home is a wonderful way to make sure your baby gets fresh, healthy meals. Your baby's doctor will let you know when they are ready to start eating solid food. This is usually between 4 and 6 months old.

Getting Started

If you are new to making baby food, start simple. Mash a ripe avocado or banana to get things going. As your baby adapts, try nutrient-rich foods like beets, broccoli, spinach, and mango. Focus on one new food at a time to monitor for any allergic reactions.

Use seasonal produce or foods you are already making for the family. This not only saves time but ensures everyone enjoys the same nutritious meals, with modifications for the baby.

Preparing and Cooking Tips



- Always ensure your hands, utensils, and work surfaces are clean. Wash and peel produce thoroughly, especially those grown close to the ground.
- Steaming and microwaving help retain the nutrients in fruits and vegetables. For meat, remove gristle, skin, and bones before cooking.
- Do not add honey, sugar, or artificial sweeteners to baby food. Honey can contain harmful bacteria spores, and babies' digestive systems are not ready for added sugars.

Keeping Baby Safe

- Ensure meats, poultry, and eggs are fully cooked to prevent food poisoning. Use appropriate temperatures:
 - 145°F for fish and whole cuts of meat
 - 160°F for ground beef and egg dishes
 - 165°F for chicken and leftovers.
- Puree or mash foods properly and check temperatures before serving. Avoid foods that pose a choking risk.
- Bacteria from your baby's mouth may cause food to spoil faster and could make them sick. Transfer food from storage containers to another dish for feedings. Throw away any leftovers.
- Introduce one new food at a time to watch for any signs of allergies or intolerances.



Storage and Convenience

- Always label and date your containers.
- Store homemade baby food in the refrigerator for 1-2 days or in the freezer for 1-2 months.
- For convenience, freeze portions in an ice cube tray or in 1/8 cup portions onto a cookie sheet. Transfer frozen portions to airtight containers for easy storage.

Store-Bought Baby Food

Commercial baby foods are also nutritious and can complement homemade options. They offer balance and consistent nutrient content. Consult your pediatrician to tailor the best dietary plan for your baby.



With the right preparation and safety measures, you can confidently explore a world of flavors with your little one!