

## HOMEMADE FOODS

### FOR BABY



Homemade baby food is healthy, easy, and less expensive than store-bought baby food. Smooth or puréed foods can be made quickly at home, made in bulk and frozen for use later. Offering homemade baby food can help your baby learn to like a variety of healthy foods.

## WHAT SHOULD I PURÉE?

Choose fresh, frozen, or canned foods to purée. Fruits, vegetables, cooked meat, and cooked dry beans are good choices. You can purée many of the foods the rest of the family is eating! No need to add salt and seasoning for baby. Use breastmilk, formula, or water as the liquid for puréeing.

## HELPFUL GADGETS:

- Fork or potato masher: a basic, quick way to mash foods.
- Slow cooker: makes meat and beans tender with little effort.
- Ice cube trays: store puréed food in the freezer; each cube is about 2 tablespoons of food.
- Freezer bags: for bulk storage of homemade baby food cubes; label and date each freezer bag. Frozen baby food can be stored for up to one month.
- Blender or food processor: perfect for big batch blending and making smooth foods.





## TIPS

- Always wash your hands, utensils, and surfaces before and after making baby food.
- Wash, peel, and slice fruits and vegetables. Remove any stems, pits, or seeds.
- Steam or boil vegetables in a small amount of water.
- Soft, ripe fruits and most canned fruits and vegetables do not need to be cooked before they are puréed. Rinse them to remove any sugar or salt.
- Cook meats completely; remove fat, skin, and bones. Use meat from your family's meal to purée and freeze for later.
- Leave added sugar, salt, oil, butter, and gravy out of your baby's food.

## QUICK & EASY BABY FOOD

### **Banana, avocado, or other very ripe fresh produce:**

Add breastmilk, formula, or water and mash with a fork until the right consistency.

**Sweet potato or baked potato:** Bake in the oven or microwave. Spoon out the insides and mash. Mix with breastmilk, formula, or water.

**Egg:** Scramble eggs.

## MIX AND MATCH MEALS

Mix and match meals for older infants: Blend, grind, or mash the following combinations with breastmilk, formula, or water until smooth.

- Beef, peas, and potatoes
- Chicken, broccoli, and rice
- Beef, squash, and macaroni

**For more information visit the Minnesota WIC website and search "Making Baby Foods".**

