

## 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.



