

# Making Your Own Baby Food

## For babies 6 to 9 months

*It's healthy, easy and saves money.*

### Getting started

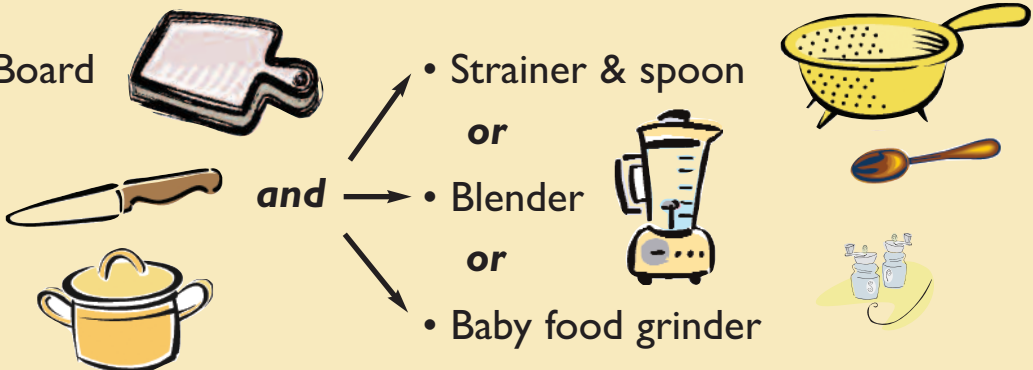
- Wash your hands and equipment with soap and warm water.
- Clean your work area.

### What you need

1. Cutting Board  
and  
2. Knife  
and  
3. Pot

and

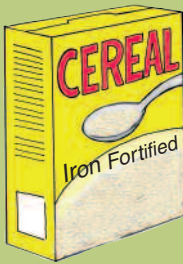
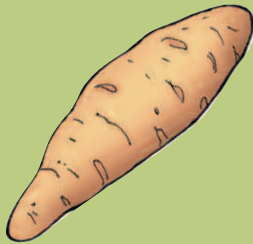
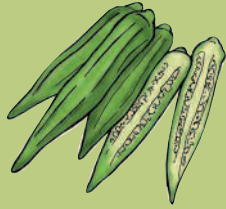
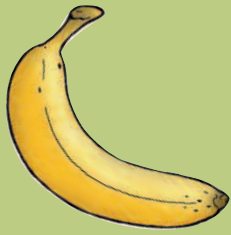
• Strainer & spoon  
or  
• Blender  
or  
• Baby food grinder



### When making baby food

- Offer a variety of foods.
- Steam food because it keeps more nutrients in. The more you cook vegetables and fruit, the more nutrients are lost.
- Do not add salt, spices, honey, sugar, butter, margarine or other seasoning.

*Babies only need finely mashed foods for a short time.  
As baby grows older, make the food thicker and lumpier.*



## Vegetables & Fruit

*Provide Fibre, Folate, Vitamin A, and Vitamin C*

### Ingredients

- Fresh or frozen vegetables: carrots, green peas, squash, okra, callaloo, cassava, turnip, chayote, chocho, breadfruit, yam, plantain, beets, spinach
- Fresh or frozen fruits: apples, bananas, mangoes, papayas, apricots or cantaloupe
- Breast milk or water

### How to prepare

1. Wash, peel and cut vegetable or fruit
2. Steam until soft
3. Mash, blend or press food through strainer
4. Add cooking water

- Soft fruits like bananas, mangos or ripe pears can be mashed without cooking.
- Drain and rinse canned vegetables before using.
- Cook vegetables and fruit until soft.
- Choose dark green or bright coloured vegetables and fruit. The darker the flesh, the more nutrients the baby gets.

## Grain Products

*Provide Fibre, Folate, Iron and B Vitamins*

### Ingredients

- Iron fortified infant cereals
- Breast milk or water

### How to prepare

1. Add breast milk or water to cereal
2. Stir well

# Meat & Alternatives

Provide Protein, Iron, Zinc, and Vitamin B<sub>12</sub>

## Ingredients

- Beef, pork, chicken, fish, mutton, egg yolk, tofu or legumes (lentils, beans, peas)
- Water

## How to prepare

- Boil, steam, bake or stew until soft
- Trim fat, remove skin and bones from meat and fish
- Cut into small pieces
- Drain and rinse canned legumes before using
- Mash, grind or blend with breast milk or water

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## Storing

Store baby food in the refrigerator or freezer, to keep it from going bad.

### A. Refrigerator

- Store food in small, clean containers for 2 to 3 days
- Seal containers tightly to keep food from losing nutrients

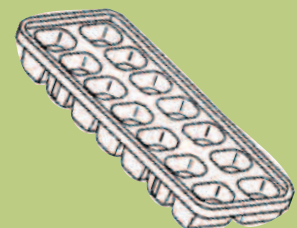
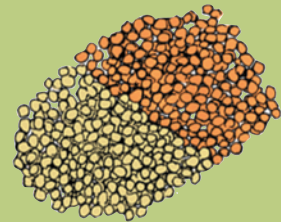
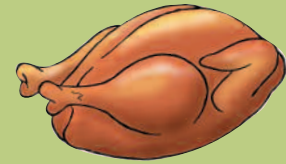
### B. Freezer

#### Ice Cube Tray Method

- Put pureed food in an ice cube tray
- Cover tray with wax paper or plastic wrap and put in the freezer

#### “Plop” Method

- Put spoonfuls of pureed food on a cookie sheet
- Cover food and freeze quickly





## Serving

1. Thaw frozen baby food in the refrigerator or over a small bowl of hot water.
2. Heat baby food in a small bowl of hot water. Stir well.
3. Check the food's temperature on the back of your hand to make sure it is not too hot.
4. Do not use the microwave to heat baby food. The food heats unevenly and can cause burns.

## Food safety

*Bacteria can grow in food.*

- Heat only the amount of food the baby needs
- Throw out any food that the baby does not eat
- Put frozen food in freezer bags
- Remove air from bag to prevent nutrient losses
- Write the date and type of food on freezer bag
- Use the food with the earliest date first
- Throw out baby food after one month of storage in the freezer

