

Homemade Baby Food 101!

When to Start Solids

“Getting Started with Solids”

*Start with:

- high iron, high zinc foods first
- meats, and then incorporate fruits, grains, and vegetables.

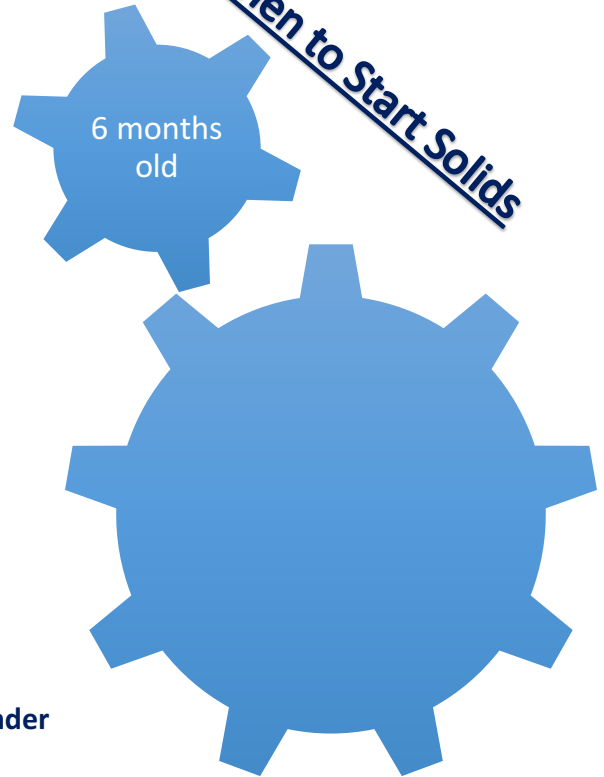
*Wait 2-3 days before introducing a new food to monitor for intolerance/allergies.

*Signs of allergies/intolerance may include itching, swelling lips/ tongue/ throat, nausea, cramping, vomiting, diarrhea, rash, wheezing/coughing.

Tips for You:

* Steaming and microwaving food in just a little bit of water is a good method to retain vitamins and minerals in fruits and vegetables.

*Use a food processor, immersion blender, or stand blender will puree the food to a good texture.



~Keeping Baby Safe~

- Serve prepared food immediately or refrigerate it right away.
- To avoid illness, throw out leftover meat and eggs after 24 hours and fruits and vegetables after 48 hours. Food can be frozen in ice cube trays and kept for 3-4 months.
- To warm up food place food in a microwavable dish, heat in microwave for 15 seconds at 50% power. Always test the temperature before feeding!

Minimum Internal Cooking Temperature	Temp
Poultry	165°F,
Whole Red Meat	145°F
Ground Red Meat	160°F
Pork and Fish	145°F

Foods to Avoid

Honey	Unpasteurized dairy foods: raw milk, soft cheeses	Adding salt, sugar, or seasoning to food
Home-canned foods	Cans that are dented, rusted, damaged, out of date, missing label	Cross-contamination (use different cutting boards for meat and non meat) foods, and washing knives between foods.



Homemade Baby Food Recipes for You!

Chicken Purée (Basic)

Ingredients:

- 1 cup cold and cooked boneless chicken – chopped into no bigger than 1 inch pieces
- 1/4 c cooking juice (save the juices that you cooked the meat in) or plain water

Directions:

Step 1: Place chicken chunks in blender or food processor and puree until a powdery mix is formed. Slowly add water, breast milk, or formula and puree further until a smooth consistency is created.

Step 2: Add as much liquid as needed to make a consistency appropriate for your baby. You may add veggies or fruits to this puree as you like.

Squash (winter like acorn, butternut)

Ingredients:

- 1 or 2 medium to large sized winter squash (or as many as will fit in your oven.)

Directions:

Step 1: Cut acorn or butternut squash in half, scoop out seeds

Step 2: Place an inch of water in a baking pan, then place squash halves “face” down in the pan. Check on water level while baking

Step 3: Bake in a 400° oven for 40 minutes or until the “shell/skin” puckers and halves feel soft then scoop squash “meat” out of the shell

Step 4: Place squash “meat” into your choice of appliance for pureeing and begin pureeing.

Step 5: Add water, breast milk or formula as necessary to achieve a smooth, thin consistency.

Step 6: You can also peel the squash, scoop out the seeds and then cut into chunks and boil/steam until tender (like when boiling potatoes for mashed potatoes) then follow steps 4 and 5

Find More Yummy Recipes At:

<http://wholesomebabyfood.momtastic.com/meatrecipes.htm#kwMoCoUMr5y3XP0S.99>

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Bananas

Ingredients:

- * 1 Ripe Banana

Directions:

***Step 1:** Peel ripe banana-do not cook
*Place banana in a food processor or blender and puree. You can also mash the banana in a bowl using a fork. Heat in microwave for 25 seconds before mashing for softness.

