Homemade Baby Food 101!

“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!

Foods to Avoid

<table>
<thead>
<tr>
<th>Honey</th>
<th>Unpasteurized dairy foods: raw milk, soft cheeses</th>
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</thead>
<tbody>
<tr>
<td>Home-canned foods</td>
<td>Cans that are dented, rusted, damaged, out of date, missing label</td>
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<td>Cross-contamination (use different cutting boards for meat and non meat) foods, and washing knives between foods.</td>
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<table>
<thead>
<tr>
<th>Minimum Internal Cooking Temperature</th>
<th>Temp</th>
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<tbody>
<tr>
<td>Poultry</td>
<td>165°F,</td>
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<tr>
<td>Whole Red Meat</td>
<td>145°F</td>
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<tr>
<td>Ground Red Meat</td>
<td>160°F</td>
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<tr>
<td>Pork and Fish</td>
<td>145°F</td>
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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.

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.

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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