

Making Your Own Baby Food

Feeding Infants (4 to 12 months) and Children

Making your own baby food from family foods usually costs less than baby food you buy and allows the baby to get used to the types of foods the family eats.

What you need

Something to mash or grind the food such as a:

- ❖ food grinder
- ❖ blender
- ❖ potato masher
- ❖ strainer or
- ❖ fork

Good quality food without added salt, sugar, fat or spices.

Do not make baby food from leftovers that have been kept for more than one day.

How long you can store homemade baby food in the refrigerator or freezer

Food	In Refrigerator	In Freezer
Fruits & vegetables	2 to 3 days	6 to 8 months
Meats or egg yolks	1 day	1 to 2 months
Meat & vegetable combinations	1 to 2 days	3 to 4 months

Making Your Own Baby Food (Continued)

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What to do

1. Wash your hands with hot soapy water. Wash all equipment in hot soapy water, rinse it under hot water and air dry.
2. Wash fruits and vegetables by scrubbing under cool water. Peel fruits and vegetables and remove seeds.
3. Remove bones, skin and visible fat from meat.
4. Bake, boil or steam food until cooked and tender.
5. Use the food grinder, blender, potato masher, or fork to mash the food until it is of a smooth texture. You may also force the food through a strainer. Throw away any tough pieces or large lumps.
6. Add liquids such as cooking water, breast milk or formula if the food is thick or dry.
7. Do not add sugar, honey, salt or fat to baby food.

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