

Homemade Baby Food

You can save a lot of money
by making your own baby food.

A 4 ounce jar of carrots can cost 50¢.

A single carrot may cost only 8¢
and will make ½ cup of baby food.

Homemade baby foods can also introduce
your baby to the foods your family eats.

Choose fresh fruits, vegetables and meats.

Use foods without added salt, sugar, fat or spices.

It's easy to make baby food:

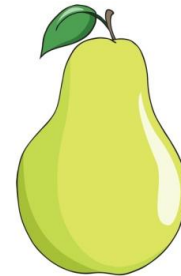
- **Prepare the food.** Wash and peel fruits and vegetables. Remove any seeds. Remove bones, skin and fat from meats.
- **Cook the food until it is tender.** Steam vegetables or boil in a small amount of water. Bake, broil or boil meats.
- **Mash food** with a blender, food grinder, fork or potato masher.
- **Add liquid** to make the correct thickness of food that your baby can eat. Add a small amount of water, juice, formula or breastmilk if needed.

You can make large batches of baby food or a small amount for a meal.

Keep everything very clean when making baby food

Wash your hands and dishes
with hot water and soap.

Rinse dishes with hot water and air dry.



Keep it Safe

Cover and store baby foods in the refrigerator. Use baby foods within 2 days.

Freeze batches of baby food

- 1 Fill an ice cube tray with baby food.
- 2 Cover the ice cube tray with plastic wrap and place in the freezer.
- 3 Freeze the cubes.
- 4 Remove frozen cubes from tray and place in a plastic freezer bag.
- 5 Label and date the freezer bag. Return the freezer bag of baby food cubes into the freezer.

Frozen baby foods can be kept
for up to 1 month in the freezer.

You can make bags of carrot, pea, squash,
pear and peach cubes for the freezer –
ready to heat and serve.



Chicken Dinners

Chicken is a great source of protein and iron. Chicken also has a mild taste that babies love. Use chicken when making homemade baby foods. Your baby will love it!

Bake the Chicken

- ✕ Place raw chicken breasts in a baking dish.
- ✕ Add ½ to 1 inch of water to the dish.
- ✕ Do not add salt, pepper or seasonings to the chicken.
- ✕ Cover and bake in a 350° oven until the meat is tender and no longer pink, about 40 to 45 minutes.

Puree the Chicken

Puree the chicken in an electric blender, food processor or baby food grinder. Add a small amount of water if needed.

Offer pureed chicken to your baby.

Mix together a chicken dinner:

- ♥ 2 spoonfuls of pureed chicken and 2 spoonfuls of pureed squash or carrots.
- ♥ 2 spoonfuls of pureed chicken and 2 spoonfuls of pureed sweet potatoes.
- ♥ 2 spoonfuls of pureed chicken and 2 spoonfuls of pureed peaches or apricots.

Do not add salt, sugar, spices, butter, margarine, honey or gravy to your baby's food.



- ♥ Your baby is not ready for these types of food. They could upset his tummy.
- ♥ Let your baby enjoy the real flavors of food.



Protect your baby this winter from colds, ear infections and other germs.

Breastfeed!

Can I breastfeed my baby when I am sick?

Yes, you can breastfeed your baby when you are sick with a cold, flu or other illness.

Your baby was probably exposed to the same germs before you knew you were sick. Don't stop breastfeeding when you are sick.

Your baby needs your breastmilk.

Your breastmilk is a great source of antibodies and will help protect your baby. Keep breastfeeding and protecting your baby!

If you need to take any medicines when you are sick, talk to your health care provider.

You can breastfeed while taking most medicines.

There are very rare times

when a health care provider will recommend weaning.

If you are unsure, talk to a lactation specialist.