

When I am ready, around 9 or 10 months, I can start feeding myself! I am learning to use my thumb and fingers to pick up small things.

**Start with very small pieces of soft foods.**

Give me lots of practice feeding myself. Let me touch and play with my food. I am messy when I eat. This is how I learn!

Offer me small servings of foods. My stomach is little. Let me decide how much to eat. I know if I am hungry.

Let me try different foods. If I don't like something at first, don't worry. Offer me a little bit next time.

Let me eat with our family. I can sit in a high chair or a booster seat at the table.

By the time I am one year old, I will probably eat most of our family foods. Feed me breakfast, lunch and dinner, with snacks in between.

**Don't** give me foods that I can choke on such as: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, hot dogs, chunks of meat, and hard candy. Once I turn one year old, stay close by if you give me dried fruits.



# finger foods

starting around 9 months



Papaya chopped

Here are some healthy choices for me!  
Start with one or two tablespoons of each food.  
Let me ask for more.

## Keep this list

on our refrigerator for quick finger food ideas at breakfast, lunch, dinner or snack time.



Provided by the California Department of Education, Nutrition Services Division

California Department of Public Health, California WIC Program  
This institution is an equal opportunity provider.

1-800-942-9675 #910212 Rev 03/16



# I can eat finger foods

starting around 9 months



# finger foods

starting around  
9 months



Papaya chopped



Here are some healthy choices for me!  
Start with one or two tablespoons of each food.  
Let me ask for more.



Meatballs  
in tiny chunks



Tangerine  
chopped



Green Beans  
cooked



Brown Rice



Zucchini  
cooked



Pita Bread



Ripe Melon



Beans  
cooked and mashed



Apple  
shredded



Sweet Potato  
cooked and peeled



Cherry Tomatoes  
in small bits



Grapes  
sliced



Cheese  
diced



Whole Grain Toast with  
Baby Food Fruit Spread



Macaroni and  
Cheese



O-shaped  
Cereal



Hard-boiled Egg  
chopped  
(after 12 months)



Kiwi  
chopped



Soft Quesadilla  
in small pieces



Banana  
chopped



Tofu  
chopped



Avocado



Grilled Cheese  
in small pieces



Carrot  
well-cooked and diced



Mixed Vegetables  
cooked



Broccoli  
in small pieces cooked



Graham Crackers  
(avoid honey types until  
12 months)