

Storing Baby Food

• To Refrigerate

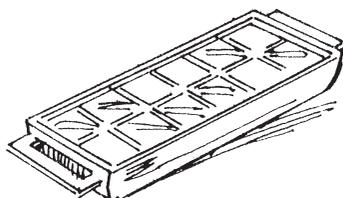
Put food in clean container



Keep in refrigerator no longer than 3 days

• To Freeze

1. Pour prepared baby food into clean ice cube tray or small container.



2. Cover with plastic wrap, lid or aluminum foil.

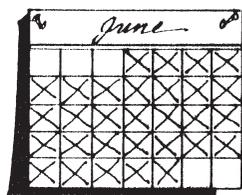
3. Freeze until solid.

4. When frozen, remove food from container, place in plastic bag. Label and date the bag.



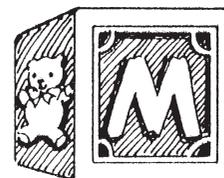
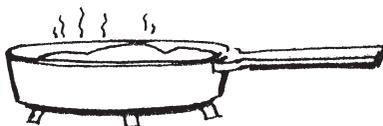
Seal tightly

5. Keep in freezer no longer than one month.



• To Use

Thaw a portion of baby food in refrigerator or heat in a pan.



Making Your Own Baby Food



This institution is an equal opportunity provider.

For the nearest WIC office, call toll free: 1-888-WIC-WORKS (1-888-942-9675).

Developed by the California WIC Program
California Department of Public Health

Arnold Schwarzenegger, Governor, State of California

Kimberly Belshé, Secretary, California Health and Human Services Agency

Mark B. Horton, MD MSPH, Director, California Department of Public Health



Getting Ready

1. You will need



Fine mesh
strainer
in
good condition

or



Baby food
Grinder

or

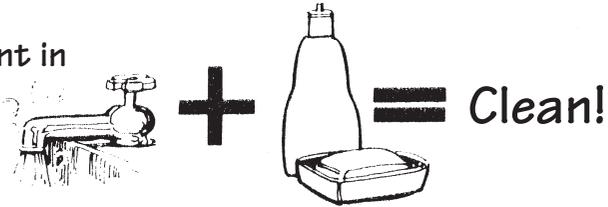


Blender

2. Cleanliness is a must to keep baby's food safe.

3. Before starting, wash hands and equipment in hot soapy water.

4. Rinse equipment in hot water, then air dry.



Ideas for Baby Foods

Vegetables	Fruits	Protein Foods
Carrots	Apples	Lean Beef or Pork
Greens	Apricots	Chicken or Turkey
Green Beans	Bananas	(without skin)
Green Peas	Melon	Liver
Potatoes	Peaches	Cooked Beans/Peas
Squash	Pears	Cooked Egg Yolk
Sweet Potatoes	Plums	Fish (without bones)
Prunes		
Steam vegetables in small amount of water for a short time until soft.	Use ripe fresh fruit or cooked fruits.	Cook protein foods until well done.

Offer fruit juice only when baby can drink from a cup. Use pure unsweetened juices and add extra water.

Avoid foods that baby can choke on such as:
raisins • nuts • seeds • popcorn • chips • hotdogs

Plain Foods are Best for Baby

Do not put salt, sweeteners, or spices in your baby's food.



Steps

1. Start with good quality food. Wash fruits and vegetables thoroughly. Peel and seed if necessary. Remove fat from meat.



2. Cook food in small amount of water until tender. Save cooking liquid for thinning food. You may also thin food with breastmilk, formula, fruit juice or plain water.

3. Prepare the food.



or



or



Push soft food through with the back of a spoon.

Grind soft foods.

Add enough food and liquid to cover blades. Blend until smooth.

4. Use a small spoon to feed baby. If baby does not finish the meal, throw away what is left in baby's dish.

5. You can make enough baby food for more than one meal. Refrigerate or freeze the extra food.