



## Home Prepared Baby Foods

Your baby's first foods can be plain foods that you eat. Your baby can enjoy mashed foods and finger foods before teeth appear. Babies do not need teeth to eat solids as they use their gums to chew. Pureed foods are not needed. Do not add salt or sugar to your baby's food.

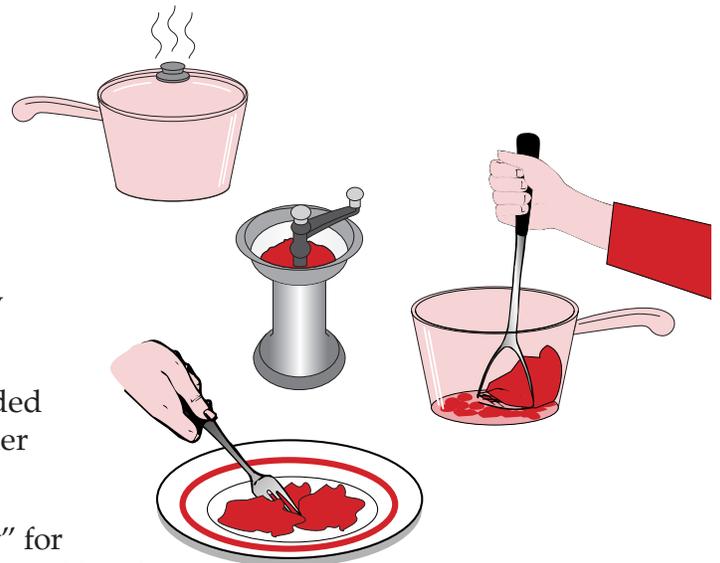
### STEP 1 MASHED, LUMPY AND FINGER FOODS (6 months and on)

You can use foods you have cooked for your family and mash or mince them for your baby. Offer food by spoon following baby's hunger and fullness cues. Also, offer soft foods that babies can grasp easily with their fingers or hand.

#### Meats, Fish, and Poultry

To prepare:

1. Roast, bake, braise or boil meat or fish.
2. Cook until meat separates easily from bone or fish flakes easily with a fork.
3. When cooked, remove bones and finely chop, mince, grind or mash the meat.
4. Add some cooking water or no-salt-added stock to moisten as moist foods are easier to swallow.



See "Tasty Recipes for Your Baby and Family" for other ideas and recipes for cooking with meat and lentils.

#### Vegetables

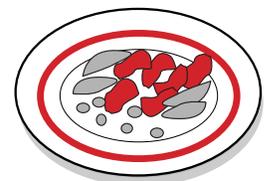
To prepare:

1. Wash, peel, and remove seeds.
2. Cook in a small amount of water or steam until soft.
3. Mash with a fork until lumpy or cut into pieces that your baby can grasp.

#### Fruits

To prepare:

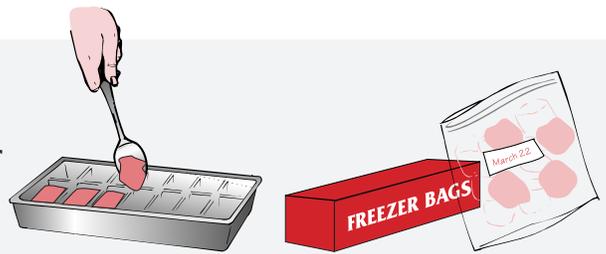
1. Wash fruit and remove skins, seeds and pits
2. Cook fruits that are firm (for example: apples, peaches, pears, and plums) in a small amount of water or steam until soft. Fruits that are ripe and soft don't have to be cooked (for example: pear, peach, apricot, banana).
3. Mash with a fork until fruit is lumpy, or cut into pieces that your baby can grasp.



## Storing Leftovers

Cover leftovers and put in fridge. Use foods containing meat, fish, poultry or eggs in 24 hours or freeze. Other foods, use in 1–2 days or freeze.

To freeze: Put 1-2 tablespoons (15 to 30 mL) of food into each section of a clean ice cube tray or drop food onto wax paper on a cookie sheet. Cover, and put it in the freezer. When frozen, transfer the food to a freezer bag or container. Attach a label with the date and use within 1 month. Only make small batches to freeze as you want to offer a wide variety of foods and finger foods too.



## STEP 2

### MOVING ON... MORE FOODS FOR BABY (9-12 months)

Babies at this age will be able to pick up small, soft pieces of food and eat with their fingers. At each meal, offer baby some soft pieces of your family's foods. Eat together and your baby will learn to eat by copying you.

#### Meats, Fish, and Poultry

Continue to cook until meat separates easily from the bones or the fish flakes easily with a fork. To flavour foods, add herbs, garlic, ginger or spices. Remove the bones and skin. Cut meat or flake fish into small pieces.

#### Fruits and Vegetables

Serve soft fruits or soft cooked vegetables cut in pieces. Some foods like apple or carrot can be finely grated.

#### Soups and Stews (including beans and lentils)

Make soups and stews with vegetables, meat, chicken, dried or canned peas or beans and/or lentils. Add a few herbs and rice, barley or pasta.

See the "Tasty Recipes for Your Baby and Family" fact sheet for other cooking ideas.

*Choose foods grown or produced in BC whenever you can.*

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Other fact sheets are available at your local Community Health Office/Centre or online at <http://vch.eduhealth.ca>. Search for 'baby food'.

For more information, call:

Dietitian Services at HealthLink BC..... Dial 8-1-1 to speak to a dietitian

- Translation services are available in 130 languages.
- [www.healthlinkbc.ca/dietitian/](http://www.healthlinkbc.ca/dietitian/)

or a Public Health Nurse at Vancouver Coastal Health ..... [www.vch.ca](http://www.vch.ca)

VCH Parenting Website

<http://parenting.vch.ca>

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[www.vch.ca](http://www.vch.ca)