

Homemade Baby Food

Making baby food is a simple and healthy way to feed your baby.

Baby can enjoy many of the same healthy foods your family eats. Offer a variety of foods from Canada's Food Guide and change the texture as baby grows and learns how to eat. There is no need to prepare large amounts of pureed baby food. Baby will progress quickly to more textured foods.

Around 6–7 months

At this age, your baby is able to eat many soft textures such as pureed, mashed, chopped, ground or lumpy. They can also try some finger foods to help them learn to feed themselves.

Try:

- Crackers
- Cut-up toast
- Low-sugar breakfast cereals
- Soft-cooked vegetables and fruits
- Soft, ripe fruit like bananas
- Finely chopped, ground or mashed cooked meat
- Grated cheese

Around 8–12 months

Between 8–12 months, babies start to chew more like adults. Try offering them more chopped foods and different kinds of finger foods. Try giving them a baby spoon or fork to let them practice feeding themselves.

12–18 months

At this age, babies will be able to chew just like adults! They can be given many foods from family meals, cut up so that they can feed themselves. Allowing your baby to feed themselves builds their skills and independence at mealtimes.



Steps for making baby food

Step 1: Wash Hands, cooking surfaces, and equipment

- Wash your hands with warm, soapy water before making food
- Clean all surfaces and equipment with hot, soapy water



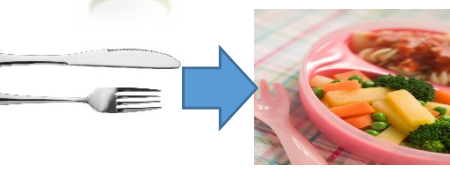
Step 2: Clean and cut food

- Wash, peel, and trim food as needed. Remove bones, skin, pits, and seeds.
- Cut food into small pieces to help it cook faster.

Step 3: Cook (if needed)

- Boil, steam, or microwave foods with water to keep foods moist.
- Skip this step for soft vegetables and fruit, and foods that are already cooked.

Change the food's texture based on baby's needs

<p>Pureed or smooth Use a blender, food processor, or hand mixer</p>	 A hand mixer, a blender, and a bowl of smooth puree. A blue arrow points from the tools to the bowl.	<ul style="list-style-type: none">• Add liquid (cooking liquid or water) to help puree the food.• Use liquid for a smoother, thinner texture.• Use less liquid for a thicker texture
<p>Lumpy or minced use a potato masher, food grinder, or grater</p>	 A potato masher, a food grinder, and a bowl of lumpy puree. A blue arrow points from the tools to the bowl.	<ul style="list-style-type: none">• Add liquid if food is dry.• Cooked ground meat is an example of a minced texture
<p>Cut up Use a knife and a fork to cut into pieces</p>	 A knife and a fork, and a bowl of cut-up food. A blue arrow points from the tools to the bowl.	<ul style="list-style-type: none">• Start with small pieces.• Cooked foods should be soft. If you can squish the foods with your fingers, then it is soft enough for baby to chew.

STORAGE

Baby food can be served as soon as it is prepared, refrigerated or frozen. Baby food can be stored in the refrigerator for a maximum of 3 days. In a refrigerator freezer it can be stored for up to 2 months and be stored for up to 6 months in a deep freezer. Please note that foods that are prepared with infant formula should **not** be frozen.

FREEZING GUIDELINES

1. Portion 2 Tbsp of food into each cube in the ice cube tray or drop 2 Tbsp of food onto a wax paper lined baking sheet.
2. Place in the freezer and cover with wax paper.
3. Once frozen, put frozen food into a freezer bag.
4. Write the date on the food item on the bag.



SERVING

- Only reheat the amount of food you need for one meal.
- Reheat baby food on the stove or in the microwave until steaming hot. Let the food cool to lukewarm before feeding to baby.
- Be careful when heating in the microwave, as there are hot and cold spots. Stir and rotate the food often for even heating

Recipes

Mashed Fruit or Vegetable

Ingredients

3 cups fruit, washed, peeled and cut into chunks OR 2 cups frozen vegetables or fresh vegetables, peeled and cut into chunks
¼ cup water

Other fruits to try include: pears, apricots, plums, peaches, nectarines and mango. Remove skin and pits.

Other vegetables to try include: fresh or frozen green beans, squash, sweet potato, turnip, mixed vegetables, broccoli, cauliflower, peas and carrots.

Directions

1. Place cut fruit or vegetable and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the fruit or vegetable is soft, adding more water if needed to prevent scorching. Let cool.
4. Mash with a fork to the texture that is right for your baby (see page 12).

Microwave Directions: Place all ingredients in a microwave-safe glass bowl and heat in microwave on high until the fruit is soft, stirring occasionally. Let cool, then continue with Step 4.



Baby Pancakes

Ingredients

½ cup (125 ml) flour
½ cup (125 ml) iron-fortified infant cereal
1 tsp. (5 ml) baking powder
2 eggs
¾ cup (175 ml) water
2 tbsp. (25 ml) vegetable oil
1 tsp. (5 ml) vegetable oil for the frying pan

Thawed fruit puree to serve

Directions

1. Mix all dry ingredients in a large bowl.
2. In a separate bowl, whisk together eggs, water and 2 tbsp. vegetable oil.
3. Add the wet ingredients into the dry ingredients and stir only until combined. Batter will be lumpy.
4. Heat a non-stick frying pan over medium heat. Add the 1 tsp. of oil.
5. Once heated, pour about 2 tbsp. of batter onto the pan and cook until you see bubbles forming. Flip and cook the other side.
6. Cut into small pieces. Serve immediately with fruit puree.

To freeze pancakes: Separate each pancake with plastic wrap and stack. Wrap with plastic or use a freezer bag and freeze.

Tip: Use baby cereal with iron to replace half of the flour in recipes for pancakes, muffins, and loaves.

Peanut Butter Banana Yogurt

Ingredients:

2 tbsp. plain yogurt (2.5% MF or higher)
¼ banana, mashed
1 tsp. peanut butter

Directions:

1. Mix banana and peanut butter well so there are no sticky lumps.
2. Stir banana and peanut butter mixture into the yogurt.
3. Serve immediately.

Tip: Peanut butter on its own or spread too thickly can cause choking. Use only a small amount of peanut butter, spread thinly on toast or crackers.

Keeps in the fridge for 1–2 days.

Recipes

Mashed Canned Fruit

Ingredients

1 large can (796 ml) of peaches, pears, or fruit cocktail packed in water or juice.

Directions

1. Drain the canned fruit.
2. Place in a bowl and mash with a fork to the texture that is right for your baby* (see page 12).

* If you use fruit cocktail, puree the fruit in a blender. Pineapple and grapes are difficult to mash well enough to be safe for babies.

Lentils and Rice

Ingredients

½ cup (125 ml) dried lentils
1 cup (250 ml) uncooked rice
3 cups (750 ml) water

This recipe also works with dried split peas.

Directions

1. Place lentils, rice and water in a large pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the lentils are soft. Add more water if needed.
4. Puree or mash to the texture that is right for your baby.



Pureed Meats

Ingredients

2 cups raw, cubed meat or fish, deboned and chopped
1 cup water

This recipe will work with elk, deer, bison, beef, pork, chicken, rabbit or duck.

Directions

1. Place meat and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer for 20 minutes.
4. Drain the liquid and save it in another container.

Puree to the texture that is right for your baby (see page 12). Add saved water as needed

Ground meat

165°F / 74°C

Beef and pork

165°F / 74°C

Poultry

165°F / 74°C

Fish

165°F / 74°C

Leftovers and Casseroles

165°F / 74°C