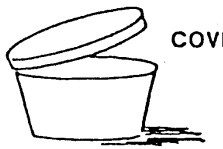
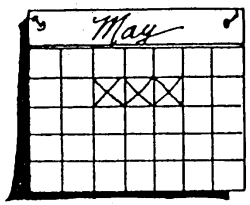
STORING BABY FOOD

.TO REFRIGERATE

PUT FOOD IN
CLEAN CONTAINER

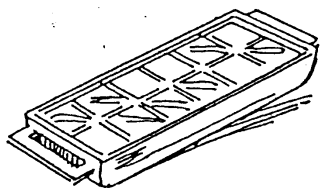


COVER IT



KEEP IN
REFRIGERATOR
NO LONGER
THAN 3 DAYS

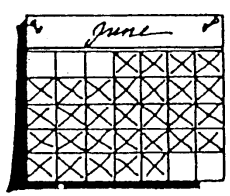
.TO FREEZE



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.

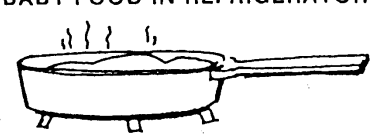
SEAL TIGHTLY

5. KEEP IN FREEZER NO LONGER THAN ONE MONTH.



.TO USE

THAW A PORTION OF BABY FOOD IN REFRIGERATOR OR HEAT IN A PAN.



Developed by the WIC Supplemental Food Section, California Department of Health Services.

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Rev. 10/02

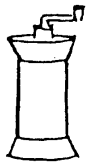
Making Your Own Baby Food

GETTING READY

1. YOU WILL NEED

FINE MESH STRAINER IN GOOD CONDITION

OR



BABY FOOD GRINDER

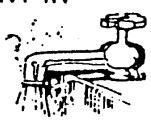
OR

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.



+

= CLEAN!

IDEAS FOR BABY FOODS

VEGETABLES	FRUITS	PROTEIN FOODS
CARROTS GREENS GREEN BEANS GREEN PEAS POTATOES SQUASH SWEET POTATOES	APPLES APRICOTS BANANAS MELON PEACHES PEARS PLUMS PRUNES	LEAN BEEF OR PORK CHICKEN OR TURKEY (WITHOUT SKIN) LIVER COOKED BEANS/PEAS COOKED EGG YOLK FISH (WITHOUT BONES)
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.

AVOID FOODS THAT BABY CAN CHOKE ON SUCH AS:
RAISINS • NUTS • SEEDS • POPCORN • CHIPS • HOT DOGS

PLAIN FOODS ARE BEST FOR BABY

DO NOT PUT SALT, SWEETENERS, OR SPICES IN YOUR BABY'S FOOD.

STEPS

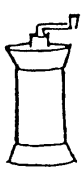
1. START WITH GOOD QUALITY FOOD. WASH FRUITS AND VEGETABLES THOROUGHLY. PEEL AND SEED IF NECESSARY. REMOVE FAT FROM MEAT.

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

PUSH SOFT FOOD THROUGH WITH THE BACK OF A SPOON

OR



GRIND SOFT FOODS

OR

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.