



Family & Consumer Sciences

Cent\$ible Nutrition Program

Helping Families Eat Better for Less

UNIVERSITY
OF WYOMING
Cooperative Extension Service

Making Your Own Baby Food

MAKING YOUR OWN BABY FOOD FROM FAMILY FOODS

- ✓ usually costs less
- ✓ allows the baby to get used to the family foods

MAKE IT:

1. Keep it clean when preparing, storing, heating, or serving baby food.
 - ✓ Wash hands with hot water and soap
 - ✓ Wash all equipment in hot, soapy water. Rinse under hot running water and air dry.
2. Select foods without added salt, sugar, fat or spices. Prepare fruits and vegetables by washing, peeling, and removing seeds. Meats should have bones, skin and visible fat removed.
3. Cook food until tender:
 - ✓ by baking
 - ✓ by boiling in a little water
 - ✓ by steaming
4. Using a food grinder, blender, fork, resealable plastic bag, or potato masher to mash the food or force the food through a strainer until it is smoother. Add liquids such as cooking water, juice, or formula until food is of the correct thickness (babies 4-6 months old need thinner food).

STORE IT:

1. In the refrigerator:
 - ✓ Cover the food tightly and keep cooked fruits and vegetables no longer than 3 days; raw fruits and cooked meats only 2 days.
2. In the freezer
 - ✓ Fill sections of an ice cube tray with the prepared baby food or take several tablespoons of food and make “dollops” of food on a cookie sheet.
 - ✓ Cover the ice cube tray or cookie sheet with wax paper and freeze until solid.
 - ✓ Label and date freezer-safe plastic bags.
 - ✓ Remove cubes or “dollops” from freezer, place in labeled plastic bags, and return to freezer. The food will keep up to two months.

SERVE IT:

1. Refrigerated baby food:
 - ✓ Place amount of food needed in a serving dish (return remaining food to refrigerator.)
 - ✓ Heat the food in the serving dish until warm.
 - ✓ **Throw away what the baby does not eat.**
2. Frozen baby food:
 - ✓ Thaw frozen cubes or “dollops,” covered, in the refrigerator.
 - ✓ Heat food to 165° Fahrenheit, cool before feeding. Test temperature on your wrist.
 - ✓ **Throw away what the baby does not eat.**

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county social services office. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, Cooperative Extension Service, University of Wyoming, Laramie, Wyoming 82071. Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW CES Office. To file a complaint, write the UW Employment Practices/Affirmative Action Office, University of Wyoming, P.O. Box 3434, Laramie, Wyoming 82071 3434