Homemade baby food …

- Is cheaper
- Is tastier
- Is more nutritious
- Has no additives or preservatives

Making your own baby food has many benefits for both you AND your baby!

Along with iron-fortified rice cereal, baby’s first solids can be single vegetables and fruits such as mashed banana or avocado, or cooked and pureed apple, pear, pumpkin or potato.

**Blended Vegetables**
(from 6 months)

**Ingredients:**
- 1 small potato, peeled & finely chopped
- 1 small piece pumpkin, finely chopped
- ½ small carrot, grated

**Method:**
1. Bring a small amount of water to the boil in saucepan or steamer.
2. Add the vegetables and cook until soft
3. Press vegetables through a strainer or puree in a blender/food processor

**Fruit Pulp**
(from 6 months)

**Ingredients:**
- Fresh apple, pear, peach or apricot

**Method:**
1. Wash, peel, core and dice fresh fruit
2. Place fruit in a saucepan, cover with water.
   Cook until soft
3. Press pulp through a strainer or puree in a blender/food processor
Once baby is enjoying a good range of fruits and vegetables, you can introduce the to some fresh beef, lamb, pork or chicken.

**Blended meat**  
(from 6 months)

**Ingredients:**
- 1/2 cup of chicken, lean beef, veal or lamb finely chopped /minced

**Method:**
1. Place meat in a saucepan & cover with water
2. Simmer gently until meat is tender & cooked.
3. Press meat through a strainer or blend it

Gradually become more adventurous with different foods and textures. When teeth start coming in, try flaky loose fish, mashed legumes, couscous and fruits like berries, citrus & stone fruit

**Steamed fish**  
(may be offered from ~9months)

**Ingredients:**
- 1 fillet of fish

**Method:**
1. Place the fillet of fish in a steamer or saucepan with a small amount of water.
2. Steam until the fish is well cooked.
3. Carefully remove bones and skin.
4. Serve plain or with white sauce

**Blended Chicken in White Sauce**  
(from ~9 months)

**Ingredients:**
- 1 tsp cornflour
- 100ml milk
- 1 tbsp finely chopped cooked chicken (no skin)

**Method:**
1. Blend flour and milk in a small saucepan and simmer for a few minutes
2. Add chicken and press through a strainer or puree in a blender

**Storing and serving baby foods**
- Solids can be stored in plastic containers for up to 2 days in the fridge
- OR frozen for up to 30 days in ice cube trays covered with plastic wrap or plastic containers
- Remember to label the containers with the contents and use-by-date.
- When warming up the solids up in the microwave or over the stove make sure you stir the mixture well to eliminate any hot spots.
- Test the temperature with a clean spoon on your lip before giving to baby.