

Nurture: Homemade Baby Food Preparation



Why make homemade baby food?

Making your own baby food gives you total control of the **selection of ingredients** and **taste and texture** of your baby's food, but most importantly it introduces your baby **healthy eating habits** at an early age. The best extra benefit is that it saves you **money**, not to mention cabinet space!

A butternut squash in season costs approximately **\$1.00**, making **14 baby food servings**.
Store-bought baby food (14 servings) costs approximately **\$7.00**

What tools do I need?

- Blender and/or Food Processor*
- Hand masher
- Ice Cube Trays or storage jars
- Freezer bags (if using ice cube trays)
- *For grains and fine purees
- **For more course food

How do I puree homemade baby food?

- Steam, bake, or boil food until cooked.
- Cool and puree in processor or blender, or mash.
- Add cooking liquid to to reach desired consistency.

Thinner purees for babies ages 4-6 months, thicker for ages 6-8 months, and chunkier for ages 8-12 months.

How do I store homemade baby food?

- 48 hours in the refrigerator
- 1-3 months in the freezer
 - Divide larger quantities into ice cube trays
 - Place filled trays in freezer
 - When baby food cubes are frozen remove from trays and transfer to a labeled freezer bag. Return to freezer.

Label freezer bags with type of food and date.



To serve remove desired cubes from bag, thaw and reheat. Each cube is approximately 1 ounce. Always stir reheated baby food to remove any hot pockets and check the temperature before serving



For more information about Nurture, please visit

www.nurtureyourfamily.org

Food Processors and Blenders

Hamilton Beach 6-C. Food Proc.
\$34.99

Hamilton Beach Wave Maker Blender
\$29.99

Homemade Baby Food Recipes

(Adapted from recipes found at www.wholesomebabyfood.com)

Rice Cereal

1/4 c. rice powder (brown rice ground in blender or food processor)

1 cup water

- Bring liquid to boil in saucepan.
- Add the rice powder while stirring constantly.
- Simmer for 10 minutes, whisking constantly, mix in formula or breast milk and fruits if desired. Serve warm.

Fruits:

- Peel, core and cut fruit into slices/chunks.
- Place slices or chunks into a pan with just enough water to slightly cover the fruit.
- Boil/steam until tender; be sure to check on the water level and stir.
- Place into your choice of appliance for pureeing and begin pureeing.
- Add the reserved water as necessary to achieve a smooth, thin puree.

Vegetables:

- Place fresh or frozen vegetables into a steamer basket in a pan with a just enough water to reach bottom of basket.
 - Steam until very tender; be sure to check on the water level.
 - Reserve any left over water to use for thinning out the vegetables.
 - Place into your choice of appliance for pureeing and begin pureeing.
 - Add the reserved water as necessary to achieve a smooth, thin consistency.
- You may wish to push the vegetable through a sieve or mesh strainer to get rid of any remaining skins.*

Meats:

1 cup cold and cooked boneless chicken, beef, pork or veal - chopped into chunks

1/4 c cooking juice (save the juices that you cooked the meat in) or plain water

- Place meat chunks in blender or food processor and puree until a powdery mix is formed.
- Slowly add water and puree further until a smooth consistency is created. Add as much liquid as needed to make a consistency appropriate for your baby.

Start out slowly and don't be surprised if baby only eats a 1/2 of a tablespoon of food. Don't worry if your baby doesn't finish a meal. Mealtimes should be relaxed and joyful!!! Showing baby that it is fun to eat will encourage healthy eating habits in the future.