



MAKE YOUR OWN BABY FOOD

Reprinted 1982 for Virginia EFNEP.

348-174

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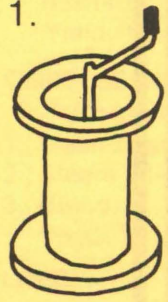
MAKING BABY FOOD ...

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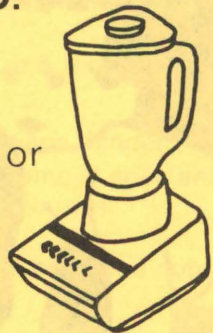
- Costs less
- Is easy to do
- Provides healthful foods

YOU NEED:

1.



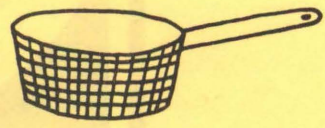
or



or



or



a food mill

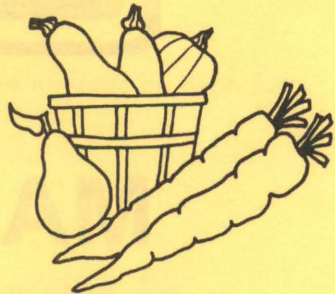
a blender

a fork

a strainer

2. Food

- fresh and ripe fruits and vegetables
- cooked foods without salt, pepper, spices, or sugar



3. A few extra minutes

HOW TO DO IT

1. Wash all equipment and your hands with hot, soapy water; rinse.
2. Prepare fruits and vegetables by washing, peeling, and removing seeds. Meats should have bones, skin, and fat removed.
3. Cook food until tender:

- by baking
- by boiling in a little water
- by steaming

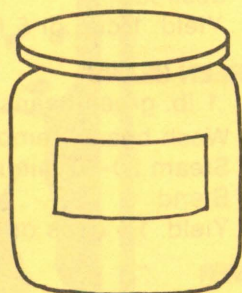


4. Use food mill, blender or fork to make the food smooth.
 - add liquids such as cooking water, juice, milk or formula
 - babies 4-6 months old need thinner foods

HOW TO STORE IT

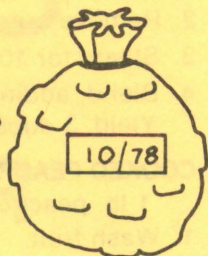
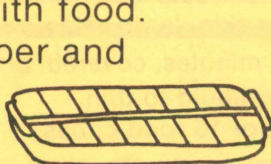
● IN THE REFRIGERATOR

Cover the food tightly and keep cooked fruits and vegetables no longer than 3 days; raw fruits and cooked meats only 2 days.



● IN THE FREEZER

1. Fill ice cube tray with food.
2. Cover with wax paper and freeze until solid.
3. Remove cubes.
4. Place in plastic bag.
5. Label and date. Keeps for one month.



TO SERVE FROZEN BABY FOOD:

1. Thaw the frozen cube in the refrigerator.
2. Heat food cube in a double boiler or in a dish surrounded by hot water, or in the oven.
3. Heat until warm, do not overcook.
4. Put in a small dish and throw away what baby does not eat.



WINTER SQUASH

RECIPES

1 lb. squash — acorn, butternut, hubbard
¼–½ C liquid (milk or formula)

1. Wash well
2. Cut acorn squash in half; other varieties cut in large pieces. Remove seeds and stringy centers. Do not remove skin.
3. Steam for 25 minutes or bake at 375° for 50 minutes in covered dish or wrap in foil.
4. Scoop out of skin and blend. Add liquid if a thinner product is desired.

Yield: 1 cup or 5 food cubes

GREEN BEANS

1 lb. green beans, tender.

1. Wash beans, remove ends and strings.
2. Steam 20–30 minutes.
3. Blend.

Yield: 1½ cups or 8 food cubes.

LIVER

2 lbs. liver

1 cup liquid (milk, vegetable juice or cooking liquid)

1. Rinse liver under cold water.
2. Remove outer skin, large veins or fat deposits.
3. Steam for 10 minutes, covered, or broil for 3–4 minutes on each side.
4. Blend, adding liquid to thin.

Yield: 3 cups or 15 food cubes.

COOKED PEACHES

1 lb. peaches

1. Wash fruit.
2. Steam 15 minutes or bake in a covered dish with a little water or wrapped in foil at 375° for 20 minutes.
3. Cool.
4. Remove skin and pits.
5. Blend.

Yield: 2 cups or 10 food cubes.

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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, and September 30, 1977, in cooperation with the U. S. Department of Agriculture. Mitchell R. Geasler, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061; M. C. Harding, Sr., Administrator, 1890 Extension Program, Virginia State University, Petersburg, Virginia 23803.