# 3 Safety and Storage

## Some Feeding Tips to Remember

- Always feed baby with a spoon. It can be harmful to put food in the bottle.
- Build variety slowly. Start your baby on only one new food each week. You can mix two foods together after they have been eaten separately.
- Let your baby decide what she likes and dislikes. Don't let your food preferences decide what you give your baby.
- Eat with your baby and make feeding time fun and relaxed.
- Look for single ingredient baby foods such as carrots or squash.

## Storage Tips for Safe Food

- Spoon the food your baby will eat into a small bowl. Feeding from the jar will cause any leftovers to spoil quickly.
- Cap the jar tightly and put it into the refrigerator right away.
- Always use a clean spoon when taking food from the jar.
- Use the stored baby food within 2-3 days or throw it away.

Washington State WIC Nutrition Program

Developed by the Massachusetts WIC Nutrition Program
Adapted by the Washington State WIC Nutrition Program

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To submit a request, please call 1-800-841-1410 (TDD/TTY 1-800-833-6388).
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Washington State Department of Health
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# WHAT ARE YOU FEEDING YOUR BABY?

## Easy as 1,2,3...

1 Homemade Baby Foods

2 Jarred Baby Foods

3 Safety and Storage

# 1 Homemade Baby Foods

Make foods for your baby at home. Homemade baby food is healthy, will help cut food costs and will help your baby get used to foods the family eats!

## What you need to make baby foods!

- A fork or baby food grinder or blender.

### Making It Right!

- Wash all equipment in hot soapy water. Rinse and dry.
- Prepare fresh fruits and vegetables by scrubbing and peeling off the skin; remove stems, pits and seeds.
- Prepare meats by removing bones, skin and visible fat.
- Drain and rinse canned vegetables and fruits.

### Cook, Cool, & Mash...

- Steam or boil foods until soft.
- Allow foods to cool to room temperature.
- Mash, puree or grind food by adding small amounts of cooking water, breastmilk or formula until mixture is smooth.

DO NOT ADD sugar, honey, maple syrup, Karo syrup, salt, pepper, herbs, spices, fats or oils. They are unnecessary and can be harmful to your baby.

# 2 Jarred Baby Foods

## Baby Food Stages:

### First Stage Foods...

- Are single vegetables, fruits, and infant cereals.
- Have a smooth texture.
- Are meant to be the first solid foods your infant eats, usually around 6 months.
- May contain water and/or vitamin C.

### Second and Third Stage Foods...

- Include fruits, vegetables, cereals, meats, and dinners.
- Are appropriate for infants between 6 and 10 months:
  **6-8 months:** fruits, vegetables, cereals
  **8-10 months:** meats, dinners, fruits, vegetables, cereals
- Have a thicker texture and may have small pieces or chunks.

### Many baby foods also contain ingredients that your baby does not need like...

- **Fillers** such as tapioca, rice flour and potato flour, which thicken the food but give little nutrition to your baby.
- **Added sugars** such as sugar, corn syrup, dextrose, maltose and sucrose.
- **Added salt or sodium**. Babies like the natural flavors of foods and don't need to have salt added.

**Read food labels to make smart choices when buying baby food.**