LOW COST NUTRITIOUS FOOD FOR BABY

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Stretching food dollars and preparing nutritious foods for children are a winning combination. If there’s a baby (aged six to twelve months) in your home, now could be a good time to consider making your own baby food to save a few dollars. Making your own baby food could reduce your food costs, and provide your child with nutritious meals that can also help your child get better acquainted with some of the foods you and your family eat.

Prior to making your own baby food, it is a good idea to discuss the option with your child’s pediatrician to be sure your child is ready for baby food and to address any other concerns. If you make baby food at home, you will need a few tools, many of which you probably already own. If you don’t own these items, they can be purchased at a relatively low cost.

1. Spoons/forks—these are used to mash soft foods to the right consistency
2. Potato masher
3. Sieve/strainer with a small mesh to allow you to press foods through the mesh with the back of a spoon.
4. Baby food mill (grinder)—can be used for cooked fruits, vegetables and soft fresh fruits
5. Hand held blender



Pictured left: A food mill

(Available in stores that sell kitchen supplies)

It is important that you wash your hands thoroughly and work on a clean surface when preparing baby food. All work surfaces must be washed with soap and hot water. Equipment should also be washed with soap and hot water and rinsed well. Fruits and vegetables must be washed, paired/peeled, and have the seeds removed.

If foods are cooked, boil them in a small, covered saucepan with a small amount of water until tender. Smaller amounts of water keep more nutrients in the food. Before feeding your baby, test the food for smoothness by rubbing a small amount of food between your fingers. You can add a liquid like formula, water or breast milk to achieve the proper consistency. If preparing your baby’s food while cooking for the rest of the family, be sure to separate the baby’s portion before adding seasoning or spices.

**R**ecipe Central:

**Applesauce Deluxe**

1 medium apple4 tablespoons pineapple juice

Peel, quarter, and core the apple. Cook with pineapple juice until soft. Blend until the texture is smooth.

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| *If you are interested in enrolling in nutrition education classes offered by Better Living for Texans, contact the Family and Consumer Sciences Agent at your local Texas AgriLife Extension Office: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |