

Making Your Own Baby Food

You **choose** what to feed your baby!



Benefits of Homemade Baby Food

You choose what is in it - Choose fresh, frozen, local, or organic ingredients.

Nutrition - As good or better than baby food in a jar.

Convenience - Save trips to the store by storing baby food in the freezer.

Great taste - Your baby will love it!

Quick & easy - Only four simple steps!

Cuts food cost - Save around 70% by making your own baby food.

*see price comparison on back.

4 Simple Steps

Step 1



Make it extra clean- Clean all equipment you plan to use such as cutting board, blender, pots & countertop. Also, wash produce thoroughly. We suggest using a vegetable brush to scrub. Babies are more susceptible to foodborne illness.

Step 2



Soften it up- You will need to steam, boil or bake most fruits & vegetables to make them soft enough for your baby. Remember to not season or add anything to the food. Babies are very sensitive to taste & will like the natural flavors of the fruits & vegetables.

Make it creamy - Once your food is soft you will need to mash, blend, or purée it so it is creamy for your baby to enjoy. You can add breastmilk, formula, or a small amount of cooking water to thin the consistency if needed.

Step 3



Portion it out - Divide food into a standard ice cube tray which holds one ounce per square. It is important not to mix products in the beginning. You can introduce one new product every 3-5 days to watch for allergic reactions. Cover & freeze tray overnight. Pop out each square & freeze in a large zip-close bag 1-2 months.

Step 4



Serve it up - Thaw in the fridge overnight or reheat on the stove top or in warm water. Test the temperature before serving to your baby. Enjoy the peace of mind that comes from knowing exactly what your baby is eating.



Price Comparison



Homemade Baby Food
\$0.10 per ounce



Store Bought Baby Food
\$0.34 per ounce

* Prices collected at an Oklahoma Supermarket in 2022

Great Foods for Homemade Baby Food

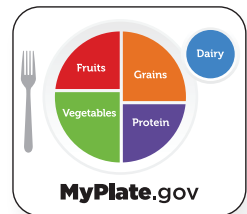
Veggies - carrots, broccoli, beets, sweet potato, cauliflower, spinach, green beans

Fruits - apples, bananas, mangos, pears, avocado, blueberries, peaches, pumpkin

Protein - well-cooked & pureed meat, beans, peas & lentils

Grains - iron-fortified infant cereal

Dairy - breastmilk, formula, yogurt



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