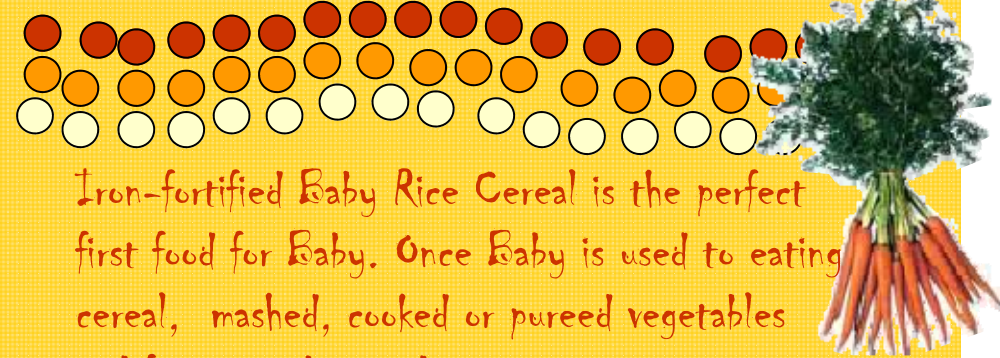


# Baby Food Recipes

Making your own baby food has many benefits for both you AND your baby!

Homemade baby food ...

- Is cheaper
- Is tastier
- Is more nutritious
- Has no additives or preservatives.



Iron-fortified Baby Rice Cereal is the perfect first food for Baby. Once Baby is used to eating cereal, mashed, cooked or pureed vegetables and fruits can be tried.

Remember, each new food should be tried separately with two days gap to be sure Baby is not allergic. For more information see the Baby's First Foods Booklet.



## Blended Vegetables

(from 6 months)



Ingredients:

- 1 small potato, peeled & finely chopped
- 1 small piece pumpkin, finely chopped
- ½ small carrot, grated

Method:

1. Boil water in a saucepan or steamer.
2. Add the vegetables and cook until soft.
3. Mash vegetables with a fork or press through a strainer or puree in a blender/food processor.
4. Let it cool and serve to Baby with a soft spoon.
5. Store extras in the fridge or freezer.







## Fruit Pulp

(from 6 months)



### Ingredients:

- Fresh apple, pear, peach or apricot.

### Method:

1. Wash, peel, core and dice fresh fruit.
2. Place fruit in a saucepan, cover with water. Cook until soft.
3. Mash fruit with a fork or press the fruit through a strainer or puree in a blender/ food processor.
4. Stir the fruit puree through some rice cereal for a tasty treat for Baby. Store extras in the fridge or freezer.



## Blended

## meat



(from 6 months)



Once Baby is enjoying a good range of fruits and vegetables, you can introduce them to some fresh beef, lamb, pork or chicken.

### Ingredients:

- 1/2 cup of chicken, lean beef, veal or lamb- finely chopped /minced.



### Method:

1. Place meat in a saucepan & cover with water.
2. Simmer gently until meat is tender & cooked.
3. Press meat through a strainer or blend it.
4. Let it cool and serve to Baby with a soft spoon.

You can become more adventurous with different foods and textures. When teeth start coming through, try flaky loose fish, mashed legumes, cous cous, rice and fruits like berries, citrus & stone fruit.



# Steamed fish

(may be offered from 9 months)



## Ingredients:

- 1 fillet of fish

## Method:

1. Place the fillet of fish in a steamer or saucepan with a small amount of water.
2. Steam until the fish is well cooked.
3. Carefully remove all bones and skin.
4. Serve plain or with white sauce.



# Blended Chicken in White Sauce

(from 9 months)

## Ingredients:

- 1 tsp cornflour
- 100ml milk
- 1 tbsp finely chopped cooked chicken (no skin)



## Method:

1. Blend flour and milk in a small saucepan and simmer for a few minutes
2. Add chicken and mash with a fork, press through a strainer or puree in a blender. Let it cool down and serve to Baby.





## Food

## Safety

### Storing and Serving Baby's Foods

- Foods can be stored in a sealed plastic container for up to 2 days in the fridge.
- Foods can be frozen in a sealed plastic container or in ice cube trays covered with plastic wrap and will keep for up to 30 days in the freezer.
- Remember to label the containers with the contents and use-by-date.
- When warming up foods in the microwave or on the stove, stir food well to heat the food evenly.
- Test the temperature with a clean spoon on your lip before serving to Baby.
- Throw away leftovers- don't refreeze!!!



didya wash ya hands?



## Child

## Health

## Nurses

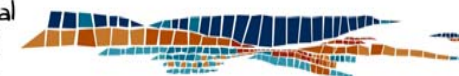
Community Child Health Nurses are registered nurses qualified in child and family health.

### How Can They Help Me?

- They can assess Baby's health and development.
- Provide ongoing support and information on parenting, breastfeeding, child behaviour, family health, infant/child feeding, play, sleep, toilet training, injury prevention, child safety and immunisations.
- Act as your link to your clinic and other health care workers such as dietitians, occupational therapists, physiotherapists, speech therapists and social workers.



Combined Universities Centre for Rural Health



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