Keeping your baby food safe

The safest way to feed your baby is to put the amount of food your baby will eat into a small bowl. Throw away anything that is left over in the bowl.

Feeding your baby directly from the container will cause the food to spoil quickly.

Storing

- If you have any baby food leftover, you can store it in the refrigerator for up to two days in a container with a tight-fitting lid.

- If you want to keep your baby food longer, you can then put the container in the freezer.
- One good way to store baby food in individual portions is to freeze it in an ice cube tray. Once it is frozen, transfer the cubes to a plastic bag and return them to the freezer.

DHS
Oregon Department of Human Services

Oregon WIC Program • www.oregon.gov/DHS/ph/wic/

This document can be provided upon request in alternative formats for individuals with disabilities. Other formats may include (but are not limited to) large print, Braille, audio recordings, Web-based communications and other electronic formats. E-mail dhs.forms@state. or.us or call 971-673-0040 to arrange for the alternative format that will work best for you.

57-709-ENGL (04/2009)

It's time to eat!

Food for your baby

DHS | Independent. Healthy. Safe.

oregon wic program

Feeding your baby

- Around **six months of age**, most babies are ready to try solid foods, starting with single vegetables, fruits and infant cereals with smooth textures.

- Offer your baby only one new food every five to seven days. After they have been eaten separately, then you can mix two foods together.

- If you are buying baby food, look for single ingredient foods. Avoid baby food dinners, desserts and those that have additives and fillers.

- Around **eight to ten months**, babies are able to pick up and hold food. They can handle a variety of soft food in small pieces.

- Let your baby decide what she likes and dislikes. Sometimes it takes a few tries before your baby will like a new food. Just because you don't like it does not mean that your baby won't!

- By **ten to twelve months**, babies will be able to eat most soft table foods, as long as they are cut into bite size pieces.

- Eat with your baby and make feeding time fun and relaxed.
  Your baby will like eating at the table with the rest of the family.

Making your own baby food is easy

Homemade baby food is good for your baby. It will help your baby get used to the foods your family eats, and you always know what is in it!

Did you know that you can help your baby get a good start with solids using the foods and utensils you already have at home?

Try these simple steps:

1. You will need a clean fork, potato masher, food processor or blender.
2. To make sure your fresh fruits and vegetables are clean and safe, scrub them, peel off the skin and remove stems, pits and seeds.
3. Prepare meats by removing bones, skin and visible fat.
4. Cook hard or tough foods until soft.
5. Cool to room temperature.
6. Mash, puree or blend food by adding small amounts of cooking water, breast milk, or formula until mixture is smooth.

Even if you like your foods sweet or salty, your baby will prefer the natural flavor of foods - avoid adding sugar, salt or syrups to baby's food.

**Never use honey in your baby's food -
honey can make your baby very sick.**