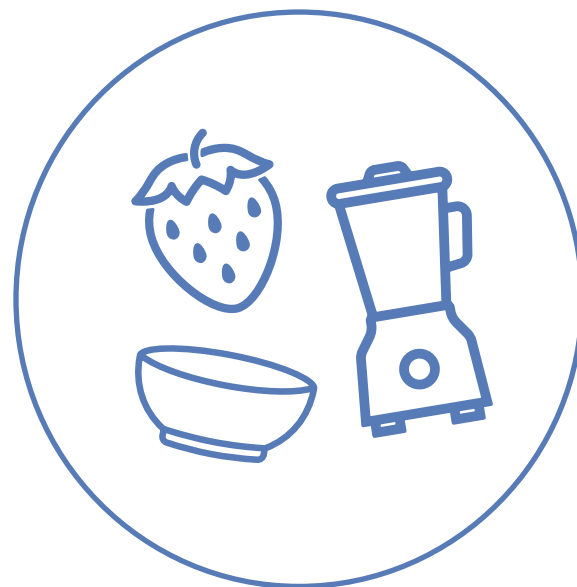


Making Baby Food

Nutrition Advisory Team
FNIHB





Benefits of making baby food



How to make baby food



Tips for teaching a baby food making class



Resources

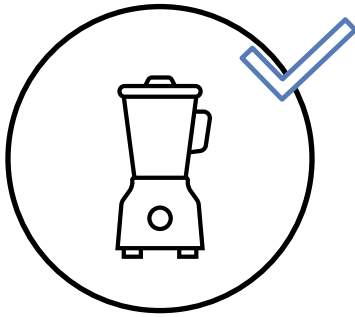


Summary

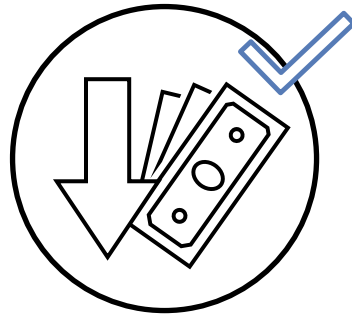


Benefits of Making Baby Food

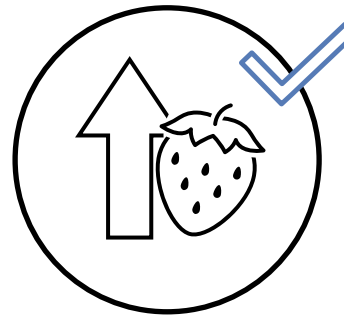
Benefits of Making Baby Food



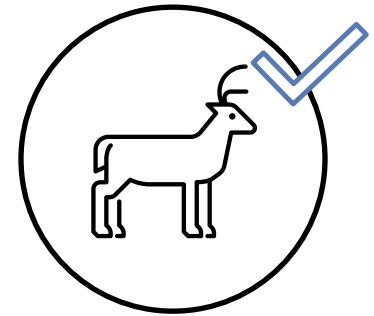
Easy to
change
textures



Lower cost than
store-bought
baby food



Increased
control over
ingredients



Baby eats the
same foods as
the family



Making Baby Food

Tools



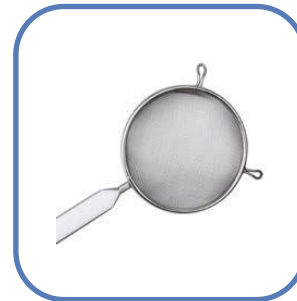
Knife



Cutting Board



Pot



Sieve



Spoon



Potato Masher



Blender



Fork



Baby Food
Grinder



Food
Thermometer

Tools



Ice Cube Tray



Baking Sheet



Microwave



Grater



Freezer Bag



Plastic Wrap

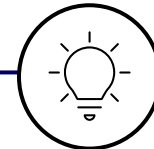


Containers



Recipes

Check out **First Solid Foods for First Nations** for a full list of tools



1

Wash



Wash hands with soap and warm water



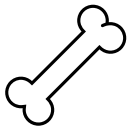
Clean all surfaces, utensils, and equipment with soap and hot water



If using canned food, wipe the tops of cans with a hot, soapy towel or cloth

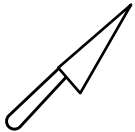
2

Clean and Cut Food



Wash, peel and trim food as needed.

- Meat and Fish: remove cartilage and bones
- Fruits and Vegetables: remove skin, pits, and seeds



Avoid cross contamination

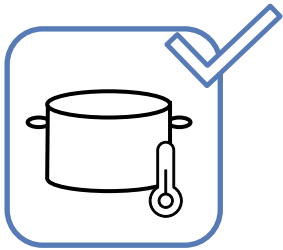
- Separate raw foods from cooked foods
- Use a different cutting board and knife for raw meat



Cut food into small pieces to cook faster

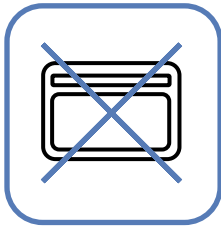
3

Cook *if needed*



Use moist cooking methods such as boiling, poaching, and steaming

Makes meat easier to chop, mince or puree



Avoid dry cooking methods such as baking, broiling, and grilling

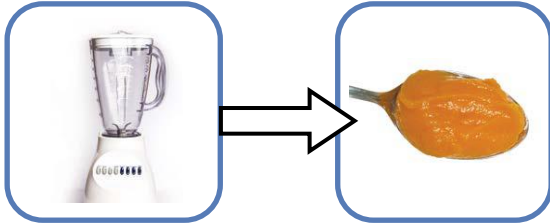
Makes changing the texture of meat more difficult



Babies do not need added salt or sugar in their food

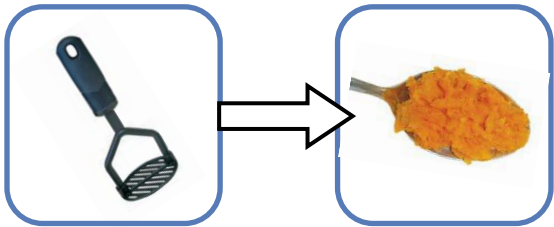
4

Change the texture



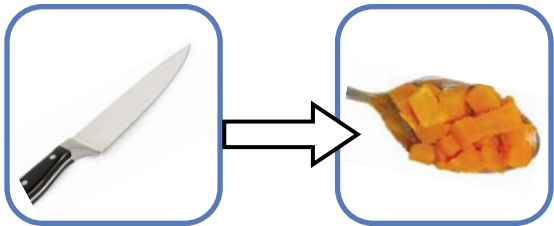
Pureed or smooth

Use a blender or food grinder



Lumpy or minced

Use a potato masher, fork, grater, food grinder



Diced or cut up

Use a knife and fork

5

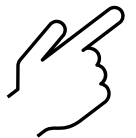
Serve



Always check that the temperature of the food is lukewarm before feeding baby.



Offer baby a small amount of food.

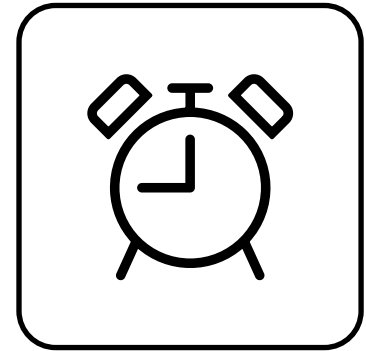


Let baby choose how much to eat.

Food Safety

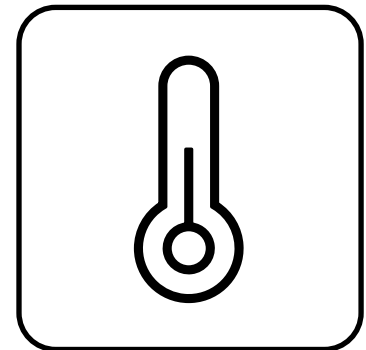
Storing Food

- 1 hour at **room temperature**
- 3 to 4 days in the **refrigerator**
- 2 to 3 months in the **freezer**

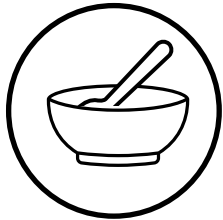


Reheating Food

- Reheat what you need for one meal
- Use a stove or microwave to reheat food
- Stir food often to heat evenly

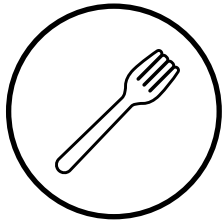


Not all foods need to be cooked



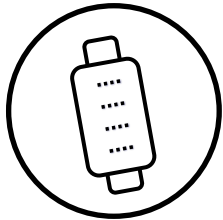
Serve “as is”

Plain yogurt, prepared baby cereal, apple sauce, canned pumpkin



Mash with a fork

Bananas, canned fruit, ripe melon, canned legumes (kidney beans, lentils, baked beans)



Grate

Apple, cucumber, cheese

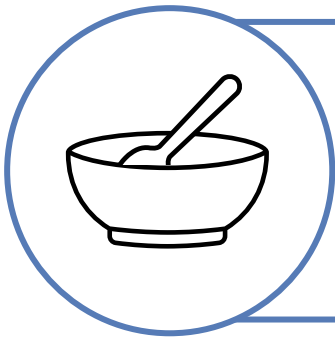


Blend

Apple, ripe fruit (pear, melon, berries), frozen fruit, canned fruit (peaches, fruit cocktail), canned legumes

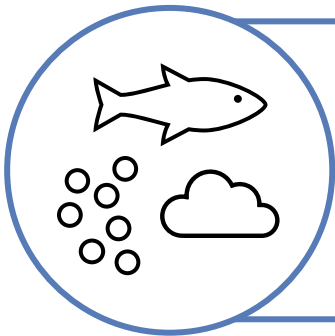
Make baby food from family meals

- Use the same healthy foods the family has at a meal
- Change the texture based on baby's abilities



Beef & Barley Soup

Use salt-free broth or water and remove a portion to cook longer until very soft



Roasted Fish, Mashed Potatoes & Peas

Remove bones from fish, cook peas for longer and set aside plain mashed potatoes

Store-Bought Baby Food

- An alternative to home-made baby food



Pros

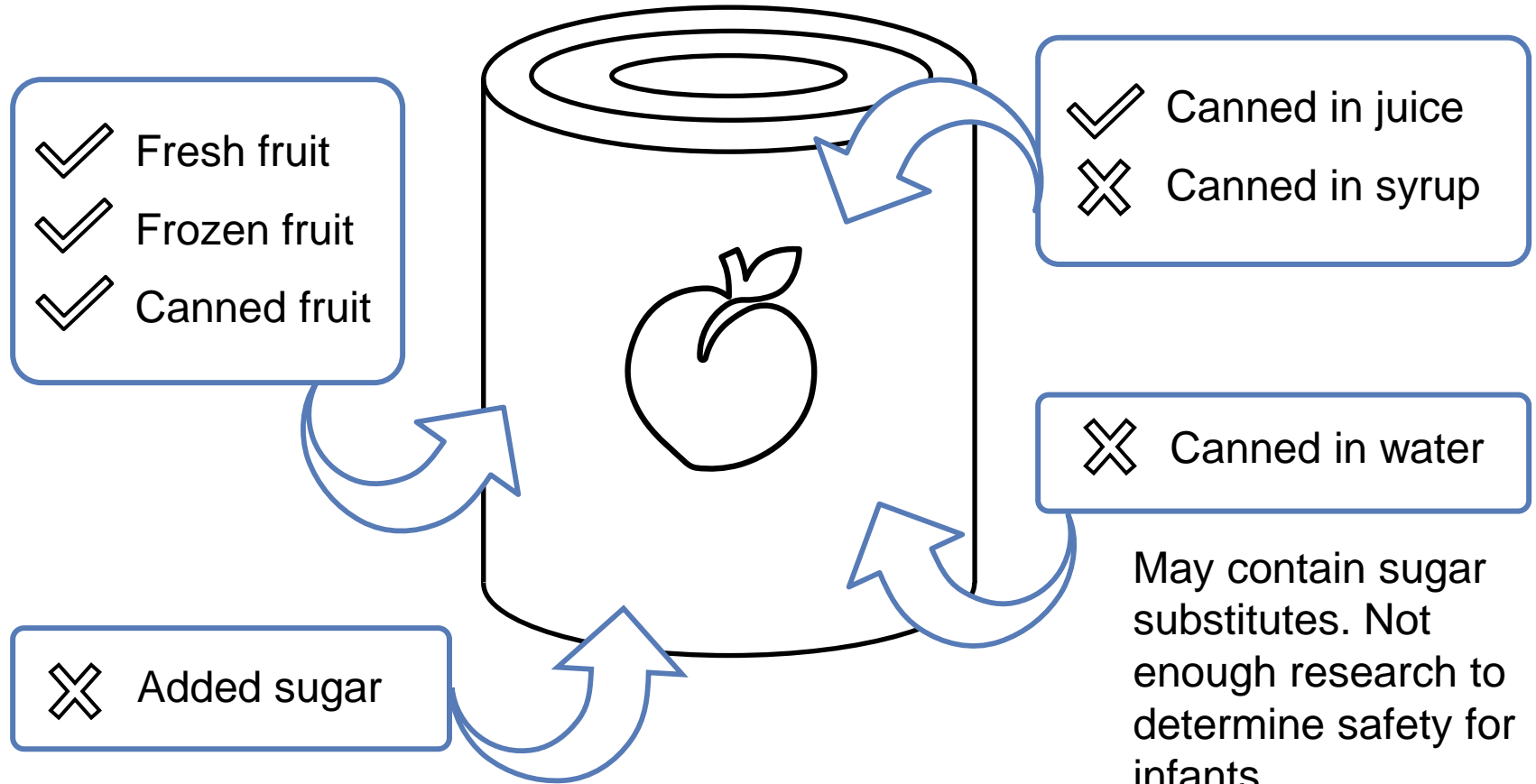
- Easy to use
- Time-saving
- Portable



Cons

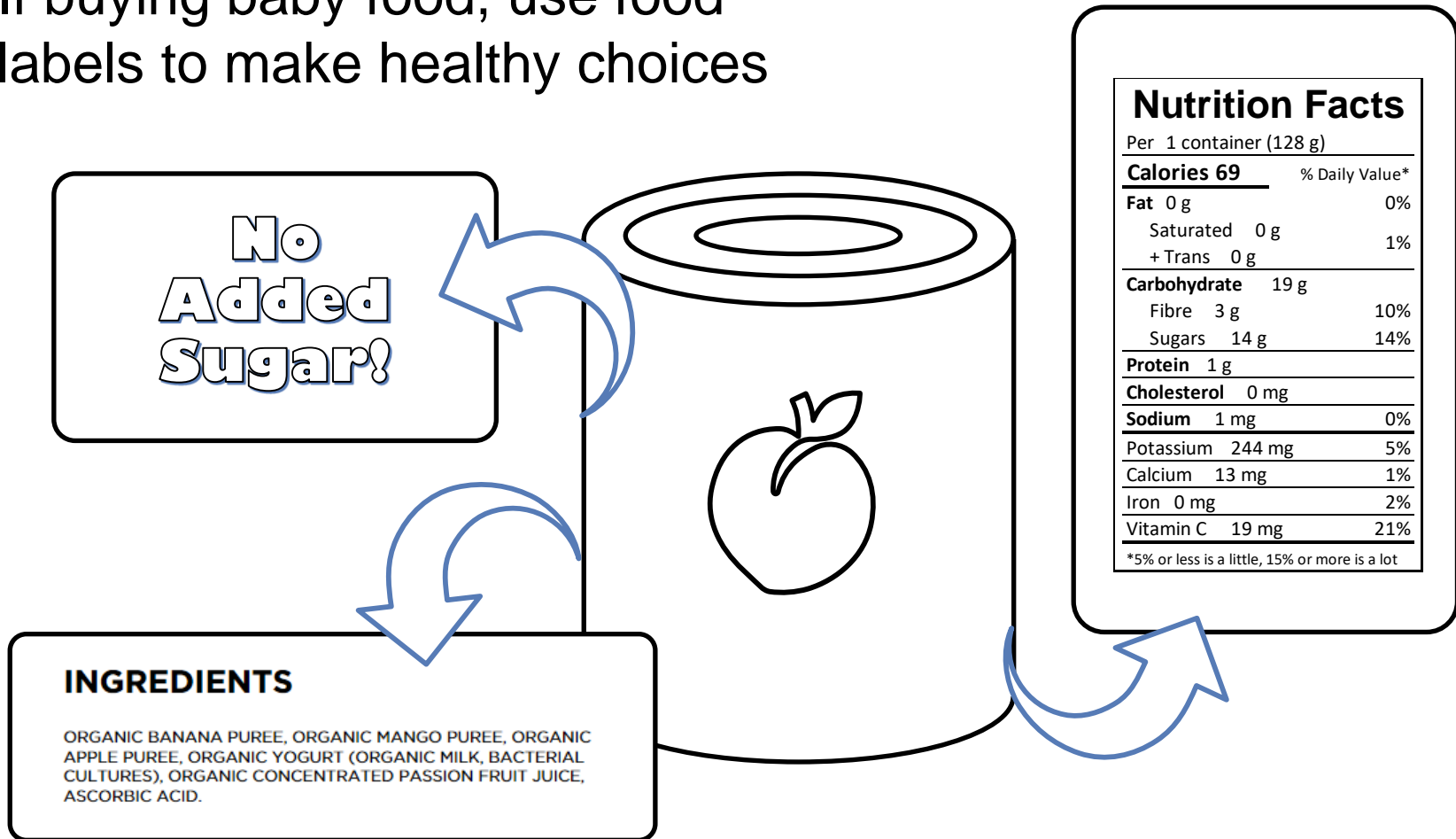
- Less variety in flavour
- Less variety in texture
- Many are sweetened
- No flavour of home cooking
- Extra starch is added
- More costly
- Difficult to find single ingredient baby foods
- Squeeze packaging can affect motor skill development

Choosing Canned Fruit



Label Reading

If buying baby food, use food labels to make healthy choices



Label Reading

Ingredients List begins with the ingredient that weighs the most and ends with the ingredient that weighs the least

The diagram shows an ingredients list with two callouts. A green callout points to the first three ingredients, which are fruit purees. A red callout points to 'CONCENTRATED PASSION FRUIT JUICE', identifying it as a hidden sugar. The ingredients list is as follows:

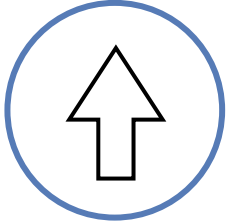
INGREDIENTS

ORGANIC BANANA PUREE, ORGANIC MANGO PUREE, ORGANIC APPLE PUREE, ORGANIC YOGURT (ORGANIC MILK, BACTERIAL CULTURES), ORGANIC CONCENTRATED PASSION FRUIT JUICE, ASCORBIC ACID.

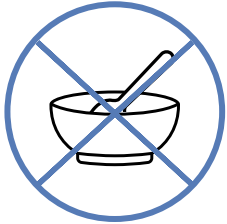
The first 3 ingredients are fruit

Watch for “fruit juice” as a hidden sugar!

Store-Bought Infant Cereal



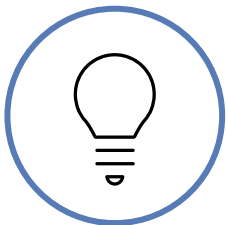
Babies have higher iron requirements for growth and development



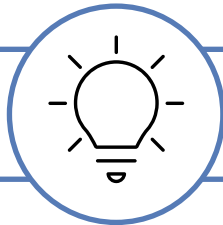
Homemade baby cereal is not recommended because it is too low in iron to meet the baby's needs



Most store bought baby cereals have iron added



Add iron-rich baby cereal to yogurt, fruit, vegetables



Teaching a Baby Food Making Class

Baby Food Making Class

Goals



Provide education on **healthy eating** for baby's growth and development



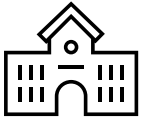
Teach parents and caregivers **basic cooking skills** for preparing healthy baby foods



Have **fun** while sharing experiences and traditions!

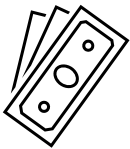
1

Plan & Organize



Find a Location

- Check out kitchen and space ahead of time
- Can it accommodate the size of your group?
- Are there utensils, equipment, tables?



Budget

- What funds are available?

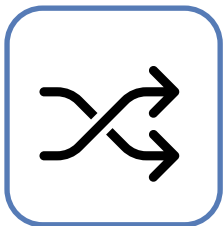
1

Plan & Organize



Choose a recipe(s)

- Look in First Solid Foods for First Nations or be creative!
- Consider kitchen equipment and time
- Decide on fresh, frozen, or canned vegetables & fruits



Consider:

- One **vegetable** recipe
- One **fruit** recipe
- One **protein** recipe
- One **pureed** recipe
- One **minced** recipe
- One **diced** recipe

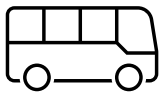
1

Plan & Organize



Make it fun and inviting!

- Provide a meal for lunch (sandwich, soup, salad)
- Offer transportation for moms and babies
- Offer on-site childcare or have an area for naps
- Make a safe space for toddlers and older children with toys, books, activities
- Invite an Elder to share stories and traditions



1

Plan & Organize



Plan the class schedule

- Plan for a 2 hour class
 - Introductions
 - Reviewing key messages
 - Reviewing the recipe(s) and cooking steps
 - Make the baby food
 - Clean-up
- Add extra time if a meal or activities are offered



1

Plan & Organize

Example: Daytime class from **11:00 am – 2:00 pm**

11:00 – 11:30 Eat lunch

11:30 – 12:00 Infant Feeding Timeline Game

12:00 – 12:30 Key Messages

12:30 – 1:30 Make Baby Food

1:30 – 1:50 Taste Test

1:50 – 2:00 Clean Up

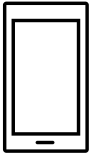
1

Plan & Organize



Promote the class

- Hang posters at the health centre and band office
- Community newsletter
- Word of mouth
- Facebook and other social media
- Include information on how to sign up for the class
- Send reminders to participants on Facebook, text or call



2

Before the Class



Buy ingredients and supplies

- Purchase yourself or arrange for someone else to shop
- Plan to have extra food, spoons for tasting, and containers for taking food home



Print recipes and handouts

2

Before the Class



Set up the cooking area

- Arrange tables
- Gather ingredients and supplies
- Pre-wash vegetables and fruit
- Set up an area for babies

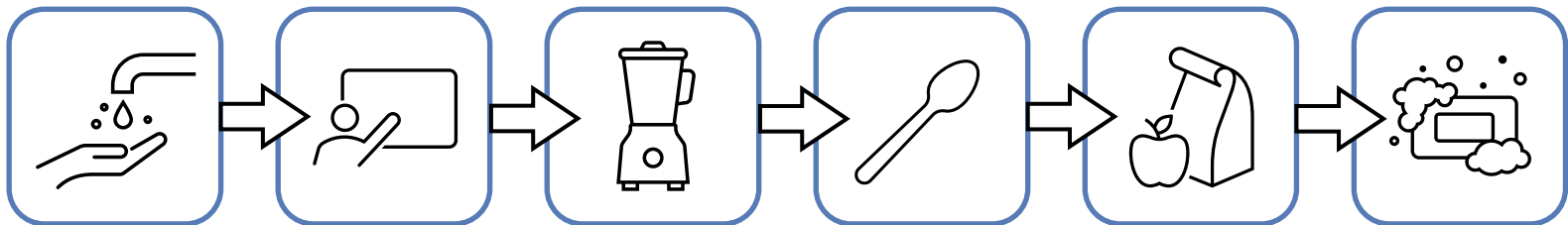


Organize giveaways for participants

3

During the Class

- a) Introductions
- b) Review handwashing and food safety
- c) Go over recipe(s) and key nutrition messages
- d) Cook the food using different textures
- e) Taste the food
- f) Package food to take home
- g) Clean up together



3

During the Class



Lead participants in discussion

- What do you think about the different flavours?
- How did you find making the baby food?
- Was it harder or easier than what you thought it would be?

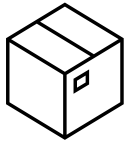


Add activities with store-bought baby food

- Compare flavour, price, and convenience of homemade baby food vs store bought baby food
- Read ingredient lists on store bought baby foods

4

End of Class



Ideas on what to send home:

- Baby food!
- Groceries, good food box, Meal In A Bag recipe
- Magic Bullet, mini food processor and/or ice cube trays
- First Solid Foods for First Nations cookbook
- Recipes and handouts



Evaluate the Class:

- Was the recipe good? Would you try it again? Is there anything to make the class easier?

Key Nutrition Messages



Start solid foods around six months of age



First foods should be iron-rich foods

- Example: baby cereal with iron, meat, legumes, eggs



Offer new food combinations for variety

- Ground beef and tomatoes
- Chicken and rice
- Meat and carrots
- Fruit with baby cereal and plain yogurt

Key Nutrition Messages



Making baby food can be easy

- Scrambled eggs are an example of an iron-rich food that makes a quick, easy, and soft, finger food.



What to avoid

- Babies do not need added salt or sugar
- Honey should not be given to babies under 1 year of age due to risk of botulism



How to feed

- Use a spoon for food, open cup for drinks



Resources

Resources

Making Baby Food Class

Facilitator's Guide



Background Information

Making Baby Food Classes teach basic cooking skills for preparing healthy baby foods. This document provides information on recipe ideas, short nutrition lessons and activities, and a checklist of what to do before, during and after each class. The key principles for the cooking classes are:

- Providing education on healthy eating for baby's growth and development
- Teaching parents and caregivers basic cooking skills for preparing healthy baby foods
- Having fun while sharing experiences and traditions!



Recipes

A suggestion for your baby food making class would be to consider including:

- One high-iron food recipe (e.g., meat or legume)
- One fruit recipe
- One vegetable recipe
- One pureed recipe
- One minced recipe
- One diced recipe

Below are three recipes you can use for the cooking class. If you need other recipe ideas, check out the First Solid Foods for First Nations Cookbook or be creative!

When planning, adjust for quantity and grocery shop for ingredients and supplies prior to the class. Also, ensure that recipes can be prepared with existing kitchen equipment and utensils at your location and within the time of the class.



Recipe 1: Let's Get Fruity!

The theme for this recipe is fruit! Fruit is easy to use and often does not need to be cooked. Serve fruit in a variety of ways - on its own, or mixed into other foods such as iron-fortified baby cereal or yogurt for a power breakfast!

Ingredients & Equipment

Ingredients

- 2 Large canned peaches (796 ml) packed in juice
- 1 Large tub of Plain yogurt ($\geq 2.5\%$ milk fat)
- 1 Box of iron-fortified oat infant cereal
- Drinkable water (either from a water jug or a water bottle)

Equipment and Supplies

- 6 Metal forks (minimum of 6; includes extra)
- 1 Liquid Measuring cup (can hold 1 cup minimum)
- 1 Can opener
- 1 Mixing spoon
- 1 Blender (optional)
- 4 Medium-large sized bowls
- Food storage containers (e.g., Tupperware)
- Plastic spoons for tasting
- Paper towel rolls

For the Activity: Store-bought baby food

- 2 Baby food labelled as "Dessert" or custard
- 4 Baby food with no added salt/sugar

Directions

1. Drain the canned fruit to remove the excess sugar.
2. Place in a bowl and mash with a fork to the texture that is right for your baby. Use a blender if you want a smooth texture. Serve the fruit as-is, or use some to make Power Yogurt.
3. To make Power Yogurt:

Making Baby Food Class Checklist

Notes

Before

- ☐ Choose recipes & make copies for participants
- ☐ Purchase ingredients
- ☐ Review the optional nutrition lesson

During

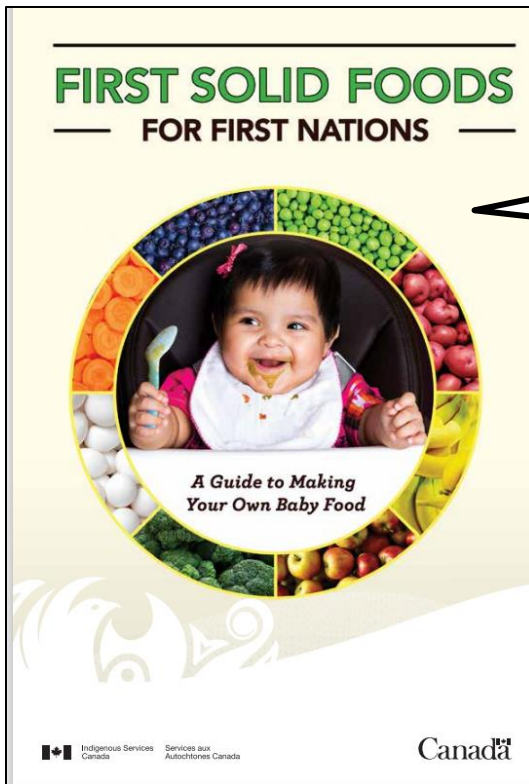
- ☐ Introductions
- ☐ Review handwashing and food safety
- ☐ Prepare the recipes
- ☐ Complete the nutrition lesson
- ☐ Clean up and taste food

After

- ☐ Note the number of participants
- ☐ Note the cost of the recipes
- ☐ Make note of any improvements to the class or recipes

Making Baby Food Classes Facilitator's Guide

Resources



First Solid Foods for First Nations

- Information on introducing solid foods
- Tips on making homemade infant foods
- Texture-appropriate recipes

Get the Book:

- Contact FNIHB Nutrition Advisory Team for physical copies
- PDF available online

Resources

AHS – Making Baby Food

HealthyParentsHealthyChildren.ca

Making Baby Food

Making baby food is a simple and healthy way to feed your baby. Baby can enjoy many of the same healthy foods your family's eating. Offer a variety of foods from [Canada's Food Guide](#) and change the texture as baby grows and learns how to eat.

Vegetables and Fruit

Fresh, frozen, and canned vegetables and fruit are all good options for baby.

Choose frozen or canned vegetables or fruit without added salt, sugar, or sugar substitutes (like aspartame, stevia, or sucralose).

Many vegetables and fruit need to be cooked to soften. However, soft, ripe fruits such as bananas, melon, and avocado don't need to be cooked. These foods can be mashed or cut up and offered as a finger food.



Grain Products

Most store-bought baby cereal has iron added to help your baby grow and develop. Homemade baby cereal isn't recommended because it doesn't contain enough iron to meet baby's needs.



Once your baby's eating finger foods, you can help her get enough iron by adding baby cereal with iron to recipes.

Tip: Use baby cereal with iron to replace half of the flour in recipes for pancakes, muffins, and loaves.
For example, if the recipe calls for 1 cup (250 mL) of flour, use ½ cup (125 mL) of flour, and ½ cup (125 mL) of baby cereal with iron.

Baby can also try other grain products such as rice, couscous, unsweetened breakfast cereals, small pieces of bannock, pancakes, pasta, roti, and toast.



Milk and Alternatives

Grate or cut up hard cheese to make it into a finger food.

Offer plain yogurt (2.5% milk fat or higher) by itself, or with fruit.

You can use milk when cooking or baking, but wait until your baby is 9–12 months old before offering 3.25% (homogenized) milk as a drink.

Meat and Alternatives

Baby can try meat such as beef, bison, chicken, fish without bones, goat, lamb, pork, turkey, and wild game.



Use moist cooking methods, such as boiling, poaching, or steaming. This makes meat easier to chop, mince, or puree. Dry cooking methods, such as baking, broiling, or grilling make it harder to change the texture.

Cook meat to well done. Use a meat thermometer to make sure. To learn more, visit www.healthycanadians.gc.ca and search cooking temperatures.

Baby can try meat alternatives such as eggs, legumes, and tofu.

Scramble or hard-boil eggs. Cook eggs until yolks are firm. To serve hard-boiled eggs, peel shell and cut up or mash with a fork.

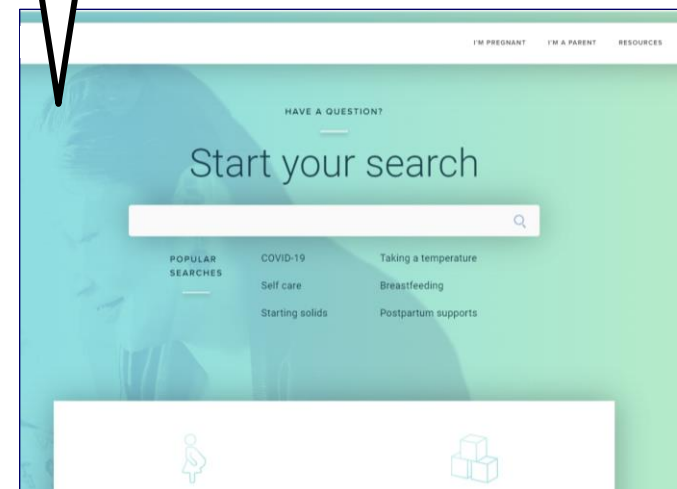
Offer legumes such as black beans, chick peas, kidney beans, and lentils.



Choose canned legumes with no salt added. Canned legumes are already cooked. They need to be drained and rinsed under water. Dried legumes need to be cooked.

Cooked legumes can be pureed with a blender, mashed with a fork, or given as a finger food.

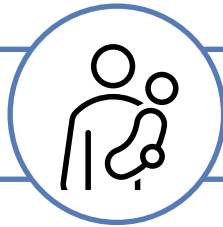
Developed by Registered Dietitians
Nutrition Services
607-338-NFS



Resources



Baby Feeding Timeline Game

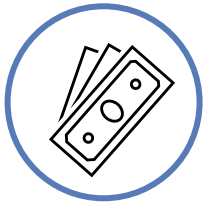


Summary

Summary

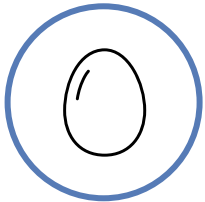
A baby food making class can teach families basic cooking skills for preparing healthy baby foods

Making baby food...



Is cost-effective and easy

Uses simple kitchen tools



Uses the same healthy foods the family is eating

Focuses on iron-rich foods



Allows for different textures according to abilities

Thank you!