

CREATE

FEEDING INFANTS – It's all about the baby!

How do I know my baby is ready for solid foods?

- At least 4 months old
- Has doubled birth weight
- Not satisfied with breast milk or formula
- Sits up and hold head up
- Drools when hungry
- Takes interest in what you are eating
- Opens mouth when spoon approaches

What do I feed my baby?

- 4-6 MONTH OLD:
 - Iron fortified baby rice cereal
 - Pureed vegetables and fruits
- 6-9 MONTH OLD:
 - Strained meat and poultry
 - Yogurt
 - Cottage cheese
 - Thicker vegetables and fruits with more texture
- 9-12 MONTH OLD:
 - Finger foods – dry cereal, crackers, graham crackers, small pieces of cooked fruit, veggies, or pasta, grated cheese
 - Mashed or diced table food along with family
- 12-18 MONTH OLD:
 - Same foods as other family members but in smaller portions

Feeding your baby should be relaxed and enjoyable! To keep you and baby from stressing out try these tricks:

- Let baby decide how much to eat and how fast or slow to eat.
- Avoid distractions.
- Don't fret over messes.

Foods to avoid in baby's first year: Cow's milk, Soy, Egg whites, Peanuts and peanut butter, Tree nuts, Fish, Shellfish, Honey

How do I know if my baby is allergic to a certain food?

Introduce new foods one at a time and wait 3-4 days to make sure baby doesn't experience any of the following: Stomachache, Diarrhea, Vomiting, Skin rash, Wheezing, Swollen lips, eyelids, hands, feet

What can my baby choke on?

Usually anything small and round – a baby's esophagus is only as big as his/her baby finger! Foods that cause the most problems: Hard candy, Hot dogs, Chips, Hard veggies, Olives, Nuts, Popcorn, Cherries, Grapes, Peanut butter (clogs airway).

You can make your own baby food to save money and control what goes into baby's tummy.

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Homemade baby food recipes

Veggies

1 cup fresh, frozen, or canned vegetables (no salt) cut into chunks
¼ - ½ cup breast milk, formula, or cooking liquid

Cook fresh or frozen vegetables in small amount of water until tender. Heat canned vegetables. Puree vegetables in blender or food processor. Thin mixture as needed with breast milk, formula, or cooking liquid. Store in fridge for 2 – 3 days or in ice cube trays in freezer for 3 -4 months.

Fruit

1 cup ripe fruit or canned fruit (in it's own juice) cut into chunks
2 – 3 tablespoons water or juice

Remove skins and seeds from ripe fruit. Puree in blender. Thin mixture as needed with water or juice. Store in fridge for 2 – 3 days or in ice cube trays in freezer for 3 -4 months.

Meat or Poultry

½ pound meat or poultry
¼ - ½ cup breast milk or formula

Remove fat and skin from meat or poultry. Cut into ½ inch cubes. Cook in small amount of water until tender. Puree in blender. Add breast milk or formula as needed to thin. Store in fridge 1 day or in cube trays in freezer 1 -2 months.

Tip: A small rubber-tipped spoon and bib making feeding baby lots easier!

Remember no cow's milk until baby is at least 1 year old!

Feeding preschoolers- it's all about the fun!

What my job when I feed my preschooler?

- *Recognize child's hunger cues* – children are born with natural ability to eat when hungry and stop when full. Don't force your child to eat!
- *Provide nutritious food* – offer a variety of good foods to eat from each of the food groups – limit foods high in calories and low in nutrients.
- *Encourage new foods* – preschoolers can be very picky eaters. Sometimes it takes over 10 times of trying a new food before the child accepts it.
- *Set a good example* – preschoolers imitate what they see – you hold the key to a lifetime of good eating habits for your child.
- *Create a positive environment* – make mealtime pleasant – leave scolding for later. Mealtime is a great time to teach communication skills, manners, and good eating habits.
- *Reward with things other than food* – rewarding with food may teach your child to use food to deal with emotions – try hugs, compliments, playing games, going for a walk, or reading a favorite book instead of food!

What's my preschooler's job?

- Choose what to eat (from nutritious foods offered).
- Choose how much to eat.



Fun Kid Recipes:

Mini Pizzas

1 recipe pizza sauce (see below) 1 cup mozzarella cheese, grated
6 English muffins Choice of other toppings (ham slices, pineapple, bell pepper, olives, etc.)

Mix pizza sauce ingredients together. Cut English muffins in half. Spread pizza sauce over muffin halves. Top with cheese and any other topping of choice. Place under broiler until cheese melts.

Pizza Sauce

1 cup tomato sauce ¼ teaspoon garlic powder
½ teaspoon Italian seasoning Dash of pepper
1 tablespoon minced onion

Mix together in small bowl. Top pizza with sauce.

Tin Foil Dinner

Aluminum foil 1 hamburger patty
½ small onion, sliced ½ potato, cut in long thin slices
½ carrot, cut in long thin slices Salt and pepper to taste

Make a double layer of aluminum foil approximately 12 inches in length. Place half of onion slices in center of foil. Then place half of carrot slices on top of onion. Then place half of potato slices on top of carrots. Place hamburger patty on top of potatoes. Add remaining potatoes to top of patty, then carrots, and then onions. Season with salt and pepper as desired. Bring two edges of foil together and fold. Fold two ends closed so juices don't leak out. Bake at 350° until hamburger is done and vegetables are tender approximately 45-60 minutes. Serves one.

Chicken on a Stick

¼ cup corn flakes ½ teaspoon oregano
½ pound ground chicken ¼ teaspoon chili powder
¼ cup bread crumbs ¼ teaspoon garlic salt
1 tablespoon dried onion flakes 10-12 popsicle sticks*
1 tablespoon ketchup

Preheat oven to 375°. Line a baking sheet with foil and spray with cooking spray. Place corn flakes in re-sealable plastic bag and crush with rolling pin or glass. Place crushed corn flakes in small bowl.

Mix remaining ingredients in medium bowl. With clean hands, form into 1 inch balls. Roll each ball in cornflakes and stick a popsicle stick through each ball. Place balls on baking sheet and bake for 30 minutes or until coating is golden brown and chicken is cooked through.

Apple Dunkers

2 apples Wash apples. Slice and core each apple to make 8 slices.
½ cup peanut butter Dunk apple slices into peanut butter. Serves four.

Skinny Dipping Bean Dip

Skinny Dippers:

12 corn tortillas Pinch of salt
Cooking spray

Cut gingerbread men shapes out of tortillas (optional – cut each tortilla into fourths to make triangles). Place men on baking sheet in single layer and lightly spray each side with cooking spray. Sprinkle with salt and bake in 350° oven for 12 – 15 minutes or until crunchy. Let cool.