

Make Your Own Home Made Baby Food!

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The Benefits of Homemade Baby Food

There are many benefits to making your own baby food for your child:

- **Economical:** You can save tons of money making your own baby food. For instance, you can purchase a 32oz bag of carrots for \$2.00 or less. With this bag you can make your child a bunch of carrot dinners plus carrots for your family while still saving money in your pocket. Think of the alternative of throwing a ½ jar of carrots away that you bought for .80 -\$1.29!
- **You choose the ingredients:** By making your own food you can guarantee freshness and ensure there are no preservatives, salt or sugar added. You control what goes into the food and what your baby will be eating.
- **Fewer additives:** More nutrients are retained in fresh made food than in store bought processed foods, especially vitamins A & B. Some commercial baby food products add thickening agents such as flour and cornstarch. This means that your baby is getting more filler than actual fruits and vegetables. When you make your own baby food you know what is in the product.

Items you will need:

- Food processor or blender which can puree vegetables, fruits and meats.
- New ice cube trays.

Some Simple Recipes to Get You Started:

Apple sauce:

Peel, core and cut 3 or 4 apples. Put the apples in a pan with a little bit of water or a little bit of 100 percent juice if your child is already drinking this. Steam until soft, blend into a puree, cool and pour into ice cube trays. Freeze. Placed in a zip lock bag, these will last up to three weeks and you can just thaw as needed. Each ice cube is one ounce.

Pear Sauce:

Follow the instructions above but substitute pears for apples. For another great taste, mix the two together!

Sweet potato, white potato, butternut squash, cauliflower, broccoli, string beans:

Can all be made the same way as the apple and pear sauce and then frozen.

Meats:

Use lean ground beef, turkey or chicken. Place meat in a pan with organic, low sodium beef or chicken broth. Add fresh carrots, peas, and/or onions. Sauté until vegetables are soft and meat is cooked through. Add to blender or food processor with a little bit of liquid. Puree, cool and place in ice cube trays. It is so simple to do!

Tips:

- Don't make several items. Pick a fruit, a vegetable, and a meat and make one tray of each. When you run low you can make more. Each lasts a long time and in the beginning can go far – you don't want to make too much and have some spoil.
- As your child starts to get older, he or she needs more finger foods or solids. You can make the same things; just don't blend until a puree. (You may want to increase volume at this time)
- For more taste you can add a smidgen of garlic.
- When you are on the go you can place items in a small Tupperware container. Boil water, put it in a thermos, and place the container in the water to warm up.
- To make enough to last 3 weeks takes about one hour. It is that simple.

Your child is the most precious thing in your life. Don't you want what goes into their body to be the best also?