

## Keep it Clean

### The Cook

Always wash hands before preparing food.

Use soap and warm water for 20 seconds.



Do not make baby food if you have an open cut or sore as this could spread germs into what baby eats.

### Work Area

Clean and sanitize countertops.

Separate cooked and raw foods.

Do not use the same cutting board or knife for raw and cooked foods. This spreads bacteria and can make baby sick.

### Storage

Use a clean ice tray for freezing.

Store frozen cubes in clean plastic bags or containers.

Be sure food stays frozen.

### Sanitizing Solution

- *Mix 1 tsp. bleach into 1 quart (4 cups or 32 oz.) water.*
- *Using the right amount of bleach in water and not rinsing it off is a safe and approved way to sanitize.*
- *Dip all clean dishes and utensils.*
- *Wet clean sponge or cloth and wipe counters.*
- *No need to rinse.*

### This material funded by USDA's Supplemental Nutrition Assistance Program

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### For more about food safety:

- [www.fightbac.org](http://www.fightbac.org)
- [www.foodsafety.gov](http://www.foodsafety.gov)

Oklahoma Nutrition Information and Education  
[w3.ouhsc.edu/onie](http://w3.ouhsc.edu/onie)



# Make Your Own Baby Food



# Making baby food at home



## MAKE MY FOOD AT HOME

**You decide what is in it** - Choose fresh, frozen, local or organic ingredients.

**Nutrition** - As good or better than baby food in a jar.

**Convenience** - Save trips to the market by storing baby food in the freezer. Take out just what you need.

**Tastes great** - Baby will love it!

**Quick & Simple** - Requires a blender, ice cube tray and a freezer.

**Cut food costs** - Save up to 70% by making baby food at home.

**BUY**  
46¢



**MAKE**  
20¢

## 1. Keep it Clean

- Wash fresh produce in warm, clear water.
- For items like sweet potatoes that have a tough skin, use a vegetable brush.



## 2. Separate

- Make each baby food by itself.
- Use clean knives, cutting boards, pans, etc. for each food.
- Cook and freeze baby foods separately; you can mix together at mealtime.



## 3. Prepare

- Cook the food in plain or bottled water.



- Do not add salt or sugar - baby has more sensitive taste than grown-ups and will like the plain food just as it is.
- When tender, put cooked food into a blender or mash to the right texture. Add some water or 100% apple juice if it needs to be thinner.



## 4. Freeze

- Freeze the baby food overnight in an ice cube tray.



## 5. Store

- Pop out frozen cubes; store in a new plastic freezer bag; label and date.
- Keep frozen; no quality loss for up to 3 months.

## 6. Serve

- Remove as much as needed. Each "cube" has about 1 oz baby food (2 tablespoons).
- Reheat and test temperature.

## Meats

- Use only plain meats.
- If you are cooking a roast for the family, do not make baby food from it if you added salt, onion soup mix or mushroom soup to the pot.
- Check meats for doneness with a food thermometer. Be sure all meats are cooked to 165 degrees so that harmful germs are killed.

- Use a blender for young babies who need a smooth texture.

## Fruits

- Cook fresh fruits in juice soon after peeling or cutting.
- Heat kills enzymes that cause browning.

Try Other Foods Too!