

...Making Food for Your Baby...



Beef, Poultry or Fish

Once your baby is 6 months old, they are ready to start solid foods.

1. Wash your hands and work area with hot soapy water.



2. Place raw meat in a pot. Add enough water to cover it.



3. Cook until meat is tender.



How can I tell if the meat is cooked?

Chicken - juices should run clear

Fish - flake easily with a fork

Beef - no pink in the centre

Tip: Using a thermometer is the safest way to make sure the meat is cooked.



4. Remove the cooked meat from the pot using tongs or a slotted spoon.



5. Remove fat, skin and bones from beef, poultry or fish and cut into small pieces.



6. For babies just starting solid foods, add cooked meat to a chopper or blender and add a small amount of water. For older babies, cut meat into small pieces.

7. You can store the cooked meat in the fridge for 1 day or 3 months in a fridge freezer or 6 months in a deep freezer.



Tip:

To freeze your baby food, place 1 tablespoon of food into each section of a clean ice cube tray and put in freezer. Once the food is frozen, remove the food cubes from the ice cube tray and put them into a plastic freezer bag.

