

...Making Food for Your Baby...



Canned Beans, Peas & Lentils

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

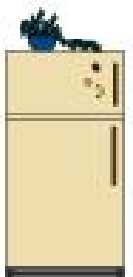
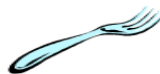
1. Wash your hands and work area with hot soapy water.



2. Drain and rinse canned beans, peas or lentils.



3. Place the beans, peas or lentils into a small bowl for mashing. To mash, use a fork or potato masher. (If baby is just starting meat and alternatives, add a small amount of water to thin it out.)



4. You can store the beans, peas and lentils in the fridge for up to 2 days 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.

