

# ...Making Food for Your Baby...



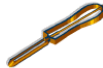
## Fruits and Vegetables

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. Wash, peel and slice fresh vegetables or fruit (if using canned, drain and rinse first).



If vegetables or fruit do not need to be cooked, go to step 4.  
Some examples are: banana, cantaloupe, or canned fruit and vegetables.

3. Put sliced vegetables or fruit into a pot. Add enough water to cover them. Bring to a boil and reduce heat. Cook over low heat for 5-10 minutes or until the pieces are soft. Remove the vegetables or fruit from the pot using a slotted spoon or tongs.



4. Place soft vegetables or fruit into a small bowl for mashing. To mash, use a fork or potato masher. (If baby is just starting solids, add a small amount of water to thin it out or puree in a blender.)



5. You can store the cooked vegetables or fruit 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.

