



SPINACH

Developed by Healthy Start for Mom & Me and supported by the Manitoba Government, 2020.



WHAT IS SPINACH?

Question

What is spinach?

Answer

Spinach is a green, leafy vegetable that can be eaten both raw or cooked.





WHY IS SPINACH GOOD FOR YOU?

Question

Why is spinach good for you?

Answer



Spinach contains:

- **Vitamin K** – for normal blood clotting
- **Iron** – to prevent iron deficiency anemia
- **Folate** – to protect babies brain and spinal cord



HOW CAN SPINACH BE PURCHASED?

Question

How can spinach be purchased?

Answer



Fresh



Frozen

Canned





**HOW DO YOU CHOOSE
FRESH SPINACH?**

Question

How do you choose fresh spinach?

Answer

Choose spinach with **crisp, evenly coloured leaves**





**WHAT ARE
SIGNS OF
SPOILED
SPINACH?**

Question

What are signs of spoiled spinach?

Answer

Darkened colour
(dark green to black)



Strong smell

Wilted leaves



Slime and spots

TIP: Do not wash your spinach until you are ready to use it (moisture will make your spinach go bad more quickly)



HOW SHOULD SPINACH BE STORED?

Question

How should spinach be stored?

Answer

Fresh



Store in **refrigerator** (in vegetable drawer) or sealed bag/container

Keep it as **dry** as possible

Packaged Fresh

Unopened: 5-7 days

Opened: 3-5 days

Frozen



Store in **freezer** for **10-12 months**

Once thawed, keep in **refrigerator** up to **4 days**

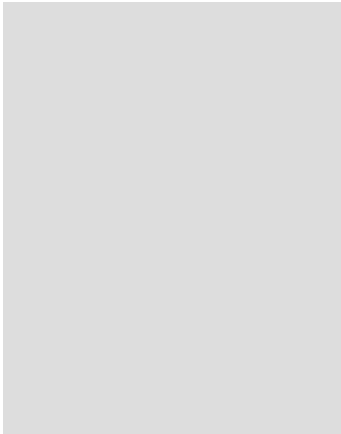
(Thaw in fridge, not on counter)

Canned



Unopened: use by “best before” date

Opened: 3-4 days in fridge (in plastic sealed container – do not store in can)



**WHAT ARE
SOME
WAYS TO
EAT
SPINACH?**

Question

What are some ways to eat spinach?

Answer

Note: Before eating raw spinach can carry bacteria called E. coli which can make you sick, so be sure to **wash it well before eating**.

Spinach can be enjoyed raw
in salads or smoothies



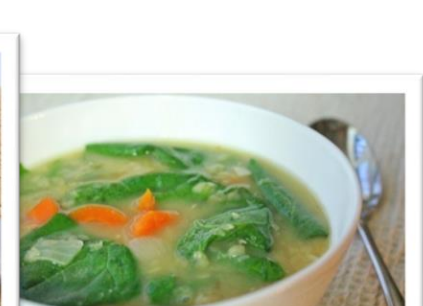
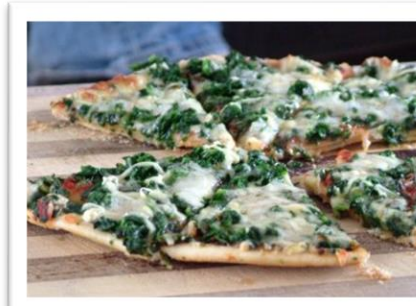
There are many ways to enjoy cooked spinach!

In **soups**, **quiches**,
casseroles, **omelets**

With **pasta**

On **pizza**

Alone as a side





**HOW
SHOULD
SPINACH
BE
COOKED?**

Question

How should spinach be cooked?

Answer

How to cook spinach:

- Steam
- Sauté in a pan
- Boil in water



Spinach is cooked when the leaves are **soft, tender and have shrunk**



**CAN
BABIES
EAT
SPINACH?**

Question

Can babies eat spinach?

Answer

Spinach can be a **great addition** to your baby's diet!

After high iron foods have been introduced, include a variety of vegetables in your baby's diet, such as spinach **(after 10 months)**





**HOW
SHOULD
SPINACH BE
PREPARED
FOR
BABIES?**

Question

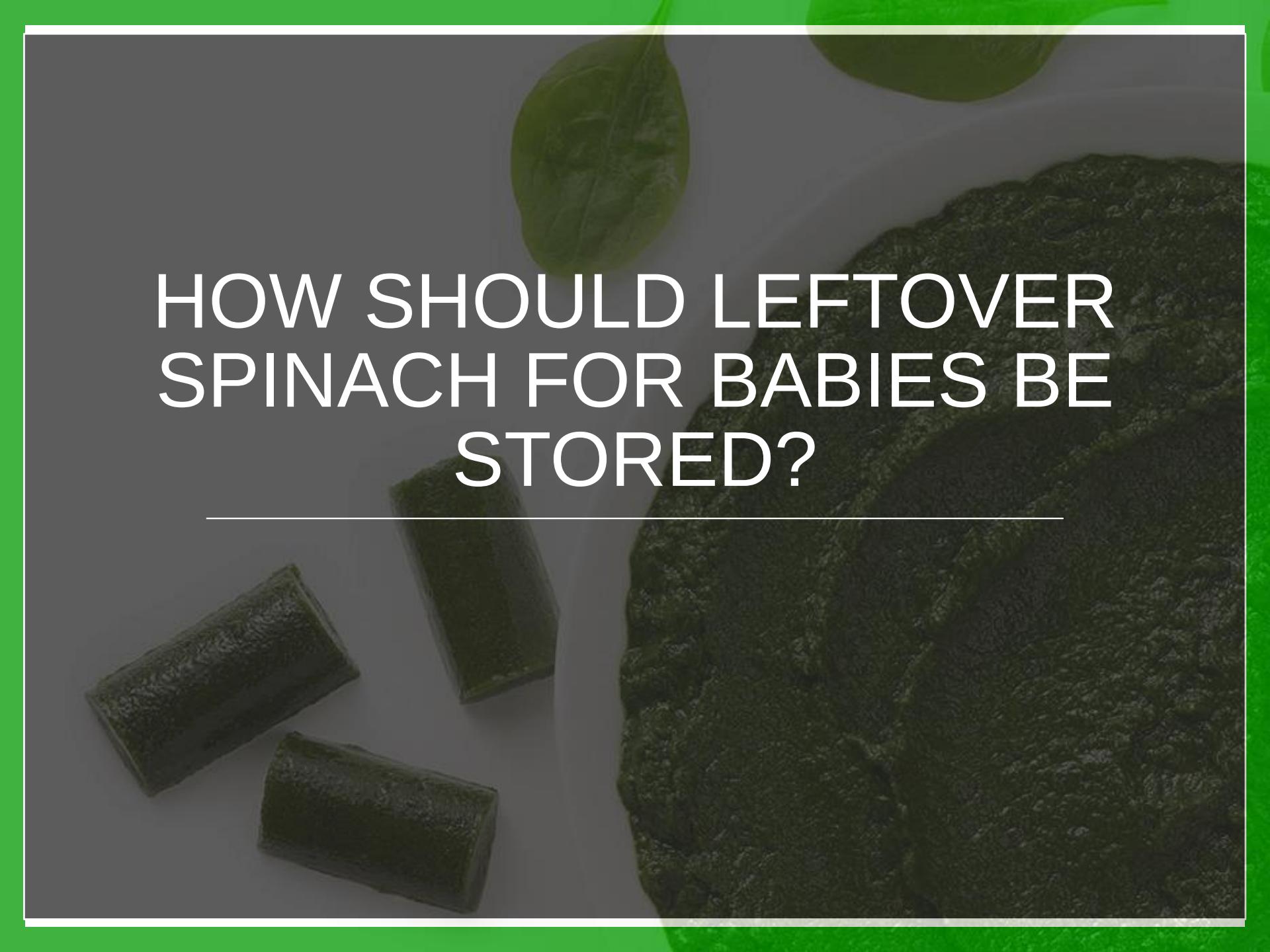
How should spinach be prepared for babies?

Answer

Preparing spinach for your baby:

1. **Wash well**
2. **Chop stems into small pieces**
3. **Steam or boil until cooked**
4. **Drain and puree**

Try mixing spinach in with other foods, like: Carrots, sweet potatoes, chicken, or salmon

The background of the slide features a top-down view of fresh spinach leaves at the top and several rectangular frozen spinach cubes scattered on a white surface below. The text is overlaid on this image.

HOW SHOULD LEFTOVER SPINACH FOR BABIES BE STORED?

Question

How should leftover spinach for babies be stored?

Answer

- In the fridge for 2 days
- Or divide leftovers into an ice cube tray, cover with plastic wrap then freeze for 3 months (once frozen you can transfer to freezer bags)
- Grab a cube as needed from the freezer (1 cube = 1 serving)
- To defrost: put in the fridge the night before



Tip: instead of using ice cube trays, spoon out portions onto a baking sheet and freeze