



MOB-5-09

# Making Baby Food

**M**aking your own baby food is a healthy, cheaper choice than buying baby food. It is also very easy to do.

## You will need:

- Something to mash or grind the food such as: food grinder, blender, potato masher, or fork.
- Quality food without added sugar, salt, spices, or fat.
- Containers for storage like clean, dry jars, plastic storage containers, or ice cube trays.

## What to do:

1. Wash hands and equipment well with hot, soapy water and dry.
2. Wash fruits and vegetables and remove skin and seeds. Remove bones and all visible fat from meat.
3. Bake, boil, or steam food until tender. Be sure meats are cooked to a safe temperature.
4. Use food grinder, blender, potato masher, or fork to mash until smooth. Throw away any lumps or hard pieces.
5. If necessary, add liquid (water, liquid in which the food was cooked, formula, or breast milk) to thin out thick foods.

6. Pour into labeled and dated containers, and store in the refrigerator or freezer until ready to use. If using ice cube trays, cover the tray with plastic wrap. Foil is not recommended because tiny pieces of foil may freeze to the food. Freeze and then pop the frozen cubes into labeled plastic bags to store.
7. To prepare the stored food, thaw by:
  - Placing food in the refrigerator overnight in a closed container.
  - Microwave but be sure to stir food and make sure no pockets of hot food are left. This is important so you do not burn the baby's mouth or throat.
  - Place food in a small bowl and then put the bowl in a larger bowl or pot filled with hot water. Thawing should take 10–20 minutes depending on the size of your food.

Storage Times		
Food	In Refrigerator	In Freezer
Fruits and vegetables	2 to 3 days	6 to 8 months
Meats or egg yolks	1 day	1 to 2 months
Meat and vegetable combinations	1 to 2 days	3 to 4 months

Updated by Julie Shertzer, Program Specialist, Human Nutrition, July 2008.

Original author: Lisa Pescara, Extension Educator, Family and Consumer Sciences

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Keith L. Smith, Ph.D., Associate Vice President for Agricultural Administration and Director, Ohio State University Extension

TDD No. 800-589-8292 (Ohio only) or 614-292-1868