

### Preserving Baby Food:

- Right after you prepare the baby food you should feed your baby, refrigerate, or freeze it.
- Baby food should not remain outside (at room temp.) for more than 2 hours.
- If you are going to refrigerate or freeze the baby food it is recommended that you use a container with an air tight lid and that you label it, stating the date that you prepared it.
- Your refrigerator should be set to or below 40°F, and food should be consumed within 48 hours of being put in the fridge.
- Make sure that your freezer is set to 0°F or below.
- Baby food that is placed in the freezer should be consumed within a month.
- Before you serve refrigerated or frozen baby food you should reheat it to at least 165°F. Allowing the food to cool to lukewarm.
- Make sure to stir the food and check to see if the temp. is right for you baby.
- You shouldn't put thawed, reheated baby food in to the freezer. Place it in the fridge to be used within 48 hours.

### Why Choose Homemade?

- You know exactly what is going into your baby's body, leaving out all the extra preservatives.
- You don't have to rely on manufacturers to choose food combinations and you have a much larger variety of choices that you can adapt to your baby's preference.
- Your baby can more smoothly adapt to the same foods that you are eating.
- You avoid manufacture made foods that are cooked to high temperatures to kill bacteria and preserve, at the same taking away many vitamins, nutrients, and taste.

### More information:

For information on nutrition education, healthy foods, counseling, and health care referrals for you and your baby visit the WIC website or call your local office.

- <http://www.doh.state.fl.us/family/wic/index.html>
- (904)253-1500

If you would like to consider canning your vegetables or baby foods keeping them fresh and usable for up to a year you can go to the Agricultural Canning Center website, give them a visit or call.

- [http://duval.ifas.ufl.edu/canning\\_center.shtml](http://duval.ifas.ufl.edu/canning_center.shtml)
- 2525 Commonwealth Ave, Jacksonville, FL 32254
- (904)255-7450

## Easy to make Homemade Baby Food



Preparing homemade baby food  
doesn't have to be a hassle

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Equipment needed:

This should be very easy because you use most of the items listed in your everyday cooking.



- Food grinder (blender), steamer, pot, pan, knife, peeler, masher, cutting board, small air tight containers (jars).

Directions:

This is a very general direction that includes most all simple baby food recipes. See chart for vegetable suggestions.

- Wash your hand and your equipment. Rinse your fruits and vegetables peeling off any unwanted skin.
- Bake steam or roast until tender. Steaming is recommended to preserve the most nutrients.
- Blend using any kind of food processor with a little liquid (water, formula, breast milk). If your baby can tolerate more texture you can switch to mashing.
- Store the food in air tight containers keeping them in the refrigerator or freezer.

- Rewarm when ready.

You can expand on this recipe any way you like (mixing vegetables together, adding spices, etc) given your baby’s age. It is recommended that you ask your doctor before introducing new foods to your baby.

Arlington Community Garden:



- Arlington Community Garden grows and harvests the vegetables delivered to your local food pantry providing you with fresh vegetables that you could use to make homemade baby food.
- If you would like to start you own garden but aren’t sure of how to start or maybe haven’t got the place at home Arlington Community Garden is a great place to start.

For more information you can visit the website, head over to Tree Hill Park, or call.

- <http://www.arlingtoncommunitygarden.org/index.html>
- 7152 Lone Star Rd. Jacksonville FL, 32211
- (904)725-8133

This chart list some of the vegetables grown at the garden including the recommended age your child should be, when it’s in season, and how it’s best prepared.



Vegetable	Age in months	In season	Best Prepared
Green beans	6-8	Mar-Apr Aug-Sep	Steamed Boiled in an inch of water
Beets	8-10	Sep-Mar	Steamed Roasted
Broccoli	8-10	Aug-Feb	Steamed
Carrots	6-8	Sep-Mar	Steamed
Cauliflower	8-10	Jan-Feb Aug-Oct	Steamed Roasted
Egg Plant	8-10	Feb-July	Steamed
English Peas	4-6	Jan-Mar	Boiled in an inch of water Steamed
Okra	10+	Mar-July	Steamed Roasted
Spinach	8-10	Oct-Nov	Steamed Boiled
Summer Squash	8-10	Mar-Apr Aug-Sep	Steamed Boiled
Winter Squash	4-6	Mar-Aug	Bake Roasted
Tomatoes	10-12	Feb-Apr Aug	Steamed Sauté with olive oil
Turnips	8-10	Jan-Apr Aug-Oct	Steamed Boiled

## Citation

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