

# A Guide to Your Baby's First Foods



First Nations Health Authority  
Health through wellness



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It is our honour to share the third edition of the BC First Nations First Solid Foods guidebook with you. Originally created by Health Canada in 2007, a new version was adapted for First Nations communities in BC in 2019. This latest version, made in collaboration with the BC Ministry of Health, incorporates the most up-to-date pediatric nutrition guidelines.

In this guidebook, you'll find tasty tips for introducing new foods to your baby as they grow, and helpful hints for navigating this whole new world of unknowns. It can be easy to feel overwhelmed by information and options, so this is our way of making the transition a little bit easier.

We understand that every one of you is on your own special path with your baby, and that all you want is a strong mind, body and spirit for your little one. Here, you can read stories from real parents and grandparents as they connect the relationship with healthy food to culture, family, land and water.

Starting from your baby's birth to when they are ready for solid foods at six months old, we'll show you how to choose, make, store and feed your baby the best foods for growth — and how to use these early days to build bonds and have fun as you eat and explore together. There are over 40 recipes in here, many of which can be made for both your family and baby to save you time.

As we know, food is never just about food. It's about quality time, spent together.

# Table of Contents

<b>Introducing Solid Foods</b>	<b>3</b>
<b>Feeding Your Baby Safely</b>	<b>19</b>
<b>Making And Storing Your Own Baby Food</b>	<b>24</b>
<b>Recipes</b>	<b>29</b>
<b>Breakfast</b>	<b>31</b>
<b>Lunch</b>	<b>45</b>
<b>Dinner</b>	<b>59</b>
<b>Snacks</b>	<b>79</b>
<b>Progress Notes</b>	<b>84</b>
<b>My Recipes</b>	<b>86</b>
<b>Appendix A</b>	<b>90</b>
<b>Appendix B</b>	<b>91</b>

# INTRODUCING SOLID FOODS

Starting your baby on solid foods is an exciting new journey. This book is here to provide guidance and support to introduce, explore and share a variety of foods from the lands and waters that can nourish your baby's body, mind and spirit.

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"My mother has a baby spoon that is three generations old: my mother used it, my siblings used it and now my nephew is using it in 2017. The memories of early childhood run deep."

— **Robin Humphrey**, Lower Nicola Indian Band

## When should I start feeding my baby solid foods?

The recommended time to start solid foods is at six months. The exact time will depend on your baby's readiness, as not all babies will be ready at the exact same time. See the checklist below to learn how to tell if your baby is ready.

Until six months of age the recommended food for your baby is breast milk. After starting solids, you can continue to breastfeed or provide breastmilk up to two years and beyond for as long as you and your child wish (as per Health Canada and the World Health Organization guidelines). Any amount of breast milk will help keep your baby healthy.

If you choose to feed your baby formula, during the first six months your baby will require store-bought infant formula. After starting solids, your baby will need to continue store-bought formula until nine months or longer on the advice of your health care professional.

### The Solid Foods Checklist

Your baby is ready for solid foods if he or she:

- Is six months old
- Is watching what others are eating
- Is reaching for your food
- Is sitting up on their own or with help from a chair
- Can hold their head up and turn it side to side without help
- Seems hungry
- Doesn't push their tongue out over and over when offered solid foods

If you wait longer to start after they are ready, your baby:

- May be slower to accept solid foods
- May have a harder time learning to chew
- May not get the nutrients they need to grow

As a parent or caregiver it is important to remember that you decide what foods are offered. Your baby decides if they are hungry and how much they will eat.

### DURING THE FIRST SIX MONTHS

If your baby is less than six months old, they may want to eat more often as they may be going through a growth spurt. This is normal, and it can happen at various times during the first six months.

How to increase your breast milk supply:

If you are producing less milk than usual, try to breastfeed your baby more often. You also can express after breastfeeding and between feeds to help increase your milk production. Once your milk supply increases, your baby will likely go back to their usual number of feeds. If you have questions or concerns, ask for help. For more information refer to the links below (as listed on Page 6).

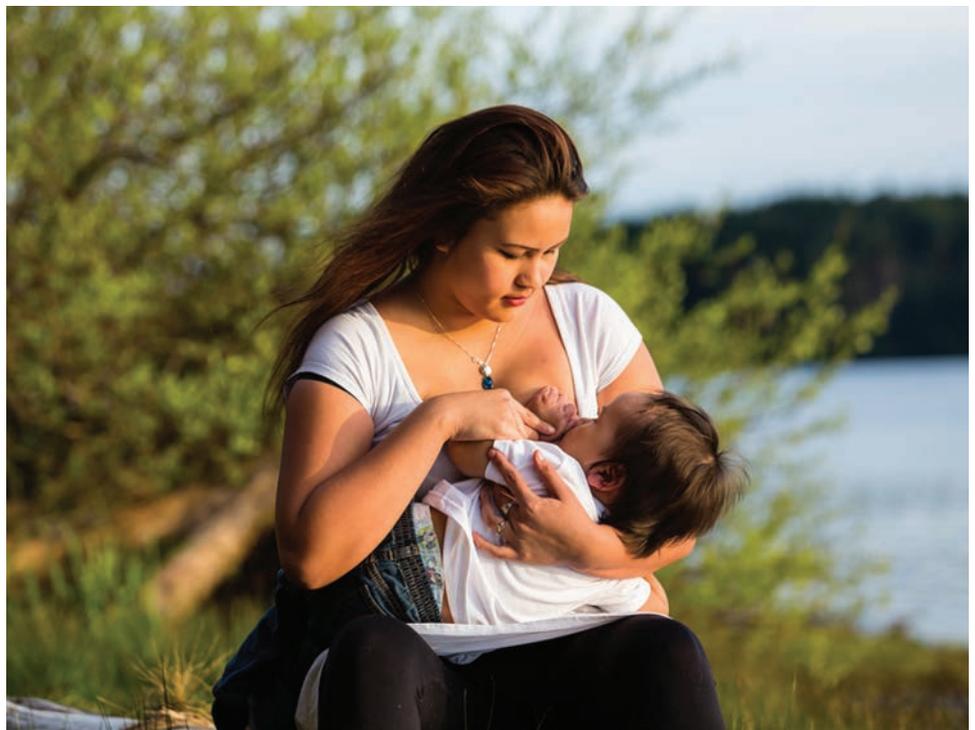
**DID YOU KNOW?**

Skin-to-skin care (STS) is very important. Giving babies STS care straight after birth helps babies recover by giving them warmth and easing their stress, crying, breathing and heart rate. STS can also help breastfeeding, but still gives your baby amazing benefits no matter how you feed.

## How do I start to feed my baby solid foods?

Start by giving your baby small amounts of foods and gradually increase the amount based on their appetite. Here are some tips:

- Make your baby's first foods rich in iron
- Solid foods can be offered before or after breastmilk. You and your baby will decide what works better. This may change over time
- As your baby eats more solid foods, they will gradually begin to drink less breastmilk
- Foods can be mixed and moistened with water, breastmilk or iron-fortified formula
- Do not put cereal or other solid foods in a baby bottle
- Sit down and eat with your baby. Choose a time when your baby is happy, interested and alert. Babies enjoy company and learn about eating by watching you and others eat
- Let your baby explore food with their hands. Learning to eat can be messy



## Introduction to solid foods and breastfeeding

As your baby eats more solid food, your baby may change how often they breastfeed, or your baby may breastfeed for a shorter period of time. Your body will adjust your milk supply to meet what your baby is asking for. Continue to breastfeed when your baby asks for it, as breastmilk is an important part of your growing baby's diet and offers many important benefits for both you and your baby.

### Who can I talk to if I have questions or concerns?

There may be times when you feel that you need help, or you have questions. Caring for and feeding babies can be challenging at times. It is important to remember that it is okay to reach out and ask for help. Who can you contact?:

- Your health care provider (doctor, nurse practitioner, midwife)
- Your community health nurse (at your community health centre)
- In some communities there may be postpartum doulas, family support workers, or a lactation specialist
- You may have family and friends who have experience with babies, or an Elder
- Call 8-1-1. It is a toll-free number. There are nurses you can speak with 24/7 and dietitians are available Monday to Friday

Please find helpful resources on HealthLink BC's website where you can find resources such as Baby's Best Chance and Toddler's First Steps.

HealthLink BC website: <https://www.healthlinkbc.ca>

These resources includes a whole section on healthy eating.

### VITAMIN D - DID YOU KNOW?

Breastfed babies and those who are partially breastfed need a daily supplement of vitamin D. The usual daily amount is 400 international units (IU), but your health care provider may recommend a higher dose.

Babies who are only fed formula do not need a vitamin D supplement as store-bought infant formulas already have vitamin D added.

When your baby is no longer breastfeeding or taking formula, discuss with your health care provider what sources of vitamin D, and how much, are right for your baby. Your baby needs vitamin D to build strong, healthy bones and teeth. Not enough vitamin D increases the risk of your baby getting rickets – a disease that affects the way bones grow and develop.

**DID YOU KNOW?**

Homemade formulas made from such things as canned, evaporated or whole milk (cow or goat) are not to be used. They do not have the required and important nutrients and may not be properly processed, so they can contain harmful germs and babies can become sick.

## Infant formula

Parents may give their baby infant formula for a variety of reasons. Parents may feed their baby formula only or give some formula and some breast milk. If you are struggling with knowing what to do, and/or feeling guilty, talk to someone you trust. The most important thing is for you and your baby to be healthy. Feed your baby safely when they are hungry and stop when they are full.

Hold and talk to your baby during feeding. This will help to build a close and loving relationship with your baby and help your baby to feel safe and secure.

Babies who are receiving formula need to continue with store-bought iron fortified formula to nine months. Discuss with your health care provider when it will be the right time to wean them off formula. Generally, when your baby is nine to 12 months old and eating a variety of iron-rich foods, they can start to drink pasteurized whole (3.25%) cow's milk. Pasteurized, full-fat goat milk, with added folic acid and vitamin D, may be given as an alternative to cow milk.

Limit cow's milk to no more than three cups (750 mL) per day for children nine months and older, along with eating a variety of iron-rich (solid foods) with various textures. If you are not breastfeeding and do not want to give your child cow's milk, you can give your child soy infant formula until your child is two years of age along with a variety of iron-rich foods with various textures.

If offering plant-based beverages to your child, wait until they are over 2 years old, and choose unsweetened beverages that are labelled 'fortified'. Fortified plant-based beverages other than soy, such as almond and oat beverages, also provide important nutrients, but have less protein and energy. If offering plant-based beverages to your child, you may want to speak with a dietitian to ensure your child is getting enough energy and protein from a variety of other nutritious foods to support healthy growth and development.

It is important to know how to safely make, feed and store formula, and your health care provider or your community health nurse can assist you in learning these things. Always follow the mixing instructions on the can or bottle carefully, and prepare bottles in a safe and hygienic way.

### Need more information on formula feeding?

You can discuss with your health care provider and/or community health nurse. Or call 8-1-1. It is a toll-free number. There are nurses you can speak with 24/7 and dietitians are available Monday to Friday.

Visit HealthLink BC for the resource: "Feeding Your Baby Formula: Before You Start"

## Foods to try first

By six months, when your baby shows signs that they are ready, it is good to feed them new foods to reduce risk of iron deficiency.

If you are concerned about food allergies, see page 22.



### IMPORTANT TIP

**Sitting down for family meals and eating with your baby is a great way to connect.**

You don't need to make separate baby food all the time! Offer the same foods to the whole family, offer new foods along with familiar ones, and let your baby share mealtime as they explore. Just be sure to remove your baby's portion from the rest of the food before you add any salt, soy sauce or other high high-sodium ingredients. Fresh or dried herbs are safe ways to add flavour.

### DID YOU KNOW?

After starting iron-rich foods, the order in which you introduce other foods to your baby is up to you. Vegetables, fruit, cheese, yogurt and grains can all be offered to babies six months of age and older.

## Iron-rich foods

From six to 12 months old, your baby grows so fast that they need iron-rich food two or more times a day. Iron is important for health, growth and brain development, so offer different iron-rich foods at every meal. You can try:

- Fully-cooked, finely minced game meat (moose, elk, goose, duck), chicken, turkey or fish (salmon, eulachon), shellfish (mussels, clams) and other seafood (shrimp) (moistened with breast milk or water)
- Iron-fortified baby cereal (like rice, oats, barley and wheat)
- Mashed cooked egg
- Mashed beans, lentils, peas and tofu (made from soybeans)
- Green, leafy vegetables like cooked spinach

Some common food allergens are also sources of iron and can be part of the first foods offered to your baby (see "Food allergies" on page 22).

Vitamin C and iron go hand in hand, because foods rich in Vitamin C improve the body's ability to absorb and process iron from **plant-based foods**. In fact, the body can get three to six times as much iron from **plant-based** food when it has enough Vitamin C to go with it. Try these:

- Vegetables like broccoli, cooked spinach, seaweed, green peas, bell peppers, cabbage, brussels sprouts, cauliflower, and leafy greens
- Fruits like berries, oranges, bell peppers, peaches, tomatoes, melons, and kiwis

You should always pair Vitamin C-rich foods with **plant-based** iron-rich foods to help your baby absorb as much iron as possible, but this is even more important if you are feeding your baby a vegetarian diet.

For more information, take a look at the Healthy Eating Guidelines for the Vegetarian Toddler at Healthlink BC.

**GRAIN FOODS** 🍞

Grains mean energy for your baby. Whole grains contain the entire grain kernel for added fibre and nutrients, and include oats or oatmeal, barley, brown rice, and whole wheat bread, pastas and crackers. Go for grain products that are low in sugar, fat and salt.

Try these:

- Iron-fortified infant cereals
- Low sugar or “no added sugar” breakfast cereals
- Cooked pasta
- Toast, cut into strips
- Unsalted crackers

**SHOPPING TIP**

Look for nutritional information on packaging and choose cereals with little or no sugar.

In the table below, the circled portion indicates the amount of sugar on the two Nutrition Facts Tables below:

1 cup of plain Oat Loops Cereal has a little sugar (1g) and 1 cup of Fruit-flavoured cereal has a lot more sugar (14g).

**OAT LOOPS****Nutrition Facts**

Per 1 cup (27g)

Amount Per Serving	As Packaged	Plus 125 mL 2% p.s. Milk
<b>Calories</b>	100	160
	% Daily Value*	
<b>Fat</b> 2g	3%	7%
Saturated 0.4g + Trans 0g	2%	10%
<b>Carbohydrate</b> 20g	7%	9%
<b>Fibre</b> 3g	12%	12%
<b>Sugars</b> 1g	1g	
<b>Protein</b>	4g	
<b>Cholesterol</b>	0 mg	
<b>Sodium</b> 170mg	7%	7%

**FRUIT-FLAVOURED LOOPS****Nutrition Facts**

Per 1 cup (39g)

Amount Per Serving		
<b>Calories</b>	<b>150</b>	
	Amount/Serving	% Daily Value*
<b>Total Fat</b>	1.5 g	2 %
Saturated 0.5 g + Trans 0 g		3 %
<b>Carbohydrate</b>	34 g	
Dietary Fibre	3 g	11 %
Sugars	14 g	14 %
<b>Protein</b>	2 g	
<b>Cholesterol</b>	0 mg	
<b>Sodium</b>	150 mg	7 %



**DID YOU KNOW?**

Bottles and beds do not mix. It can put your baby at risk of choking and anything other than water in the bottle can be harmful to their teeth.

**PROTEIN FOODS** 

Protein foods provide protein, fat and many other important nutrients like iron. They include meat from hunted/caught or farmed animals, such as beef, moose, fish, rabbit and chicken. Plant-based protein foods include beans, lentils, nuts and tofu.

**Try these:**

- Red meats (e.g. beef, elk, moose, deer)
- White meats (e.g. chicken or turkey)
- Deboned fish (be careful of fish bones as your baby could choke)
- Beans and pulses (e.g. kidney beans, lima beans, lentils, chickpeas, hummus, dahl)
- Whole eggs (babies can have egg whites and egg yolks)
- Nuts and seeds (whole nuts and seeds are choking hazards — offer nut or seed butter blended with water and stirred into infant cereal or thinly spread on toast).
- Tofu



Avoid any processed meats like bologna, bacon and hot dogs. These are high in fat and salt, so they don't offer your baby any healthy nutrition.

"I am expecting my first baby, so I don't have any of my own stories for my own babies. I made some tiny jars of half smoked moose without any additions for my sister to use for baby food, and my nephew ate three jars in a row at one year old! Baby born from the land. Moose stole his heart, and fed him what he needed. Our baby foods have been providing the nutrients we need since time immemorial.

— Willow Thickson, Michel First Nation



Milk products are protein foods and can be made from cow's milk (dairy) or the milk of goats, sheep and so on, and include foods like yogurt and cheese.

Milk products are very good for your baby's bones and teeth because they contain calcium and Vitamin D.

Those that are allergic to milk, many milk alternatives have had calcium and Vitamin D added to them to match the levels in milk — just look out for this on the packaging. If offering plant-based beverages to your child, wait until they are over two years old and choose unsweetened beverages that are labelled "fortified" (see infant formula on page 7).

Between six and nine months of age, you can start to give your baby foods that are made with cow's milk.

### NUTRITION TIP

Cheese can help babies develop strong bones and teeth, but you should avoid giving them cheese spreads and processed cheese slices. These are high in salt and not healthy choices.

### USEFUL HINTS:

- > Choose pasteurized cheeses. Hard cheeses that are grated or cut into bite-sized pieces are safer to prevent choking. Cottage cheese is good but other soft cheese can be a choking hazard if given in thick amounts
- > Offer higher fat milk products such as whole cow milk (3.25% Milk Fat) or plain yogurt
- > Wait until baby is nine to 12 months old and eating a variety of iron rich foods before offering pasteurized whole cow milk (3.25% milk fat). Do not offer more than 750mL per day. Too much milk might make them too full to eat other foods they need.
- > Milk alternatives such as plant-based beverage can be taken after two years old. Choose those that are unsweetened and fortified with calcium and vitamin D to give your little one what they need. Fortified plant-based beverages other than soy may have less protein and energy.



**DID YOU KNOW?**

"Sippy cups" can harm your baby's teeth and even change mouth development, which can affect speech. When baby is thirsty, offer them water in an open cup with handles that make it easy to hold. It may get messy, but they are ready to practise drinking!

**Healthy Food Choices****VEGETABLES AND FRUIT** 🍏

Vegetables and fruit are high in vitamins and minerals, and help your baby to grow. When choosing which to feed your baby, pick a variety of colours. Colour is nature's way of telling us which nutrients a food has, so a good mix of colours means a wide variety of all the best stuff.

**Try these:**

- Cooked carrots
- Cooked green beans
- Cooked peas
- Cooked sweet potatoes
- Bananas
- Berries
- Peaches
- Pears



"I wanted my baby to have the best food ever, so not only did I prepare his food with fresh blended vegetables and fruits, but I also ate that way myself so he would have the best breast milk. We didn't eat any processed foods."

— Jaimie Davis, Gitlaxt'aamiks

If you don't have fresh veggies and fruit, then frozen and canned options are good options - less expensive and just as nutritious. Just watch out for all the added extras in packaged foods. Pick foods with labels that say, "No added salt," "Less salt" or "Low sodium" when you are choosing vegetables, and labels that say, "Packed in water" or "Packed in juice" with "No added sugar" for fruit. Steer clear of fruit packed in syrup, as this has plenty of sugar.

Fruit juice may seem like an easy way to feed your baby vitamins, but even unsweetened fruit juice is very high in sugar and can damage their teeth. Water in an open cup is the best.

**If you do decide to offer your baby juice:**

- Choose 100% unsweetened fruit juice (look for this wording on the front of the package)
- Offer it in an open cup
- Offer no more than half a cup of juice a day
- If your baby is wanting more to drink, provide them with water
- If you are to offer juice, mix the juice with water to dilute it and try to offer only at meal times
- Avoid drink names that end in "ade" (e.g. Gatorade) as they are very high in sugar

**DID YOU KNOW?**

Sugars in food and drink are a big part of tooth decay for babies, children and adults.

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"My two-year-old great niece will eat anything that is home canned! Even the antipasto I make, complete with olives and tuna. My sister sent me a video of her eating antipasto on a cracker. After every cracker, she did a little dance and said, "Yummy Auntie Laura!" I tell my family, every second I spent preparing these goods represents the happy and positive wishes I send to them. It's love in a jar!"

— **Laura Hockman**, Kelowna

**IMPORTANT TIP**

Let your baby show you when they are hungry or full, and feed them without noisy distractions like TV, phones and other devices.

## Table Foods

Your baby is part of the family, so make them a part of mealtimes. Your baby will get to see all the exciting new textures and colours of the “table foods” being enjoyed, and taste test them with the whole family urging encouragement. Watching you eat will also help your baby learn how, and make healthy eating a habit from the beginning. Choose foods that can be easily prepared to the right texture (see page 17) and made without added sugar and salt.

### Gathering at the table

- Children who share meals with family tend to eat healthier, have better social skills and do well in school
- Eating together sets a routine and structure for meals, so your baby can focus on trying different foods and learning to feed themselves
- Sitting while eating helps prevent choking
- Your baby is learning and practising how to eat, so expect things to get messy
- Keep mealtimes calm and family-focused by putting away any distractions like phones, electronics, toys and books
- Avoid grazing (eating and drinking all the time) as this is an unhealthy habit that's harmful to teeth



## How much should I feed my baby?

Babies have teeny tummies and use up a lot of energy. This means that they need to eat a lot of small meals during the day. It's normal for babies to eat more on some days and less on others, so it's okay for you to take your cues from your baby — this is called responsive feeding. Your baby will let you know when they are hungry or full, and letting them decide when and how much they want to eat will help them enjoy mealtimes. A good general rule is to breastfeed on cue and then feed them solid foods before or after, depending on what works best for you. Slowly increase how much and how many different foods you offer them.

### Some cues for hunger include:

- Sucking on their fist
- Fussing or crying
- Smacking their lips
- Showing excitement when you put them in their high chair
- Reaching or leaning for food

### Your baby is full if they are:

- Showing they are bored with food
- Turning their head away from the spoon
- Closing their mouth tightly when offered food
- Fussing or crying
- Falling asleep
- Covering their mouth with their hand

So even though you are letting your baby tell you when they are hungry, how many times a day should you offer food? Use this chart as a guide

AGE	MEALS PER DAY	SNACKS
6–8 months	2–3	1–2
9–11 months	2–3	1–2
12 months	3	2–3

## HEALTHY SNACKS

Snacks for your baby should still follow all the main points we've talked about. They should have little or no added sugar, and be nutritious choices from the major types of foods.

## USEFUL TOOL

If you would like to chart your baby's eating routine, try this handy sheet: [fnha.ca/WellnessSite/WellnessDocuments/FNHA-COHI-Eating-Routine.pdf](https://fnha.ca/WellnessSite/WellnessDocuments/FNHA-COHI-Eating-Routine.pdf)

**TIP**

Use a fork to mash soft foods easily.

**USEFUL TIP**

From six to seven months old, your baby might show interest in eating with their hands. When babies are learning to feed themselves, let them learn at their own pace. The best way is to let them learn when they want to.

**DID YOU KNOW?**

It's important to give your baby lumpy foods before they are nine months old. If you wait too long, it can make it harder for them to get used to different textures or get enough nutrition from fruits and vegetables.

## Food Textures



Texture is all about how a food feels — is it smooth, lumpy, soft or hard? Even though your baby doesn't have teeth, you don't have to blend or puree their food. Just mashing it with a fork is more than good enough, and if you use pureed food from the store, try to move on to mashed food in the first few weeks of starting solids.

## Six to seven months old

At this age, your baby can eat lots of soft textures like mashed, chopped, ground, lumpy, blended or pureed. Another exciting step is to let them try finger foods — the first step in their journey to feeding themselves.

Try these:

- Crackers (refer to Tip For Your Baby's Teeth alongside)
- Cut-up toast
- Low-sugar breakfast cereals
- Soft-cooked vegetables and fruit
- Soft, ripe fruit like bananas
- Finely chopped, ground or mashed cooked meat
- Grated cheese

## Eight to 12 months

From eight to 12 months old, babies start to chew more like adults. Try offering them more chopped foods and different kinds of finger foods. Give them a baby spoon or fork to let them practise feeding themselves.

## 12 to 18 months

At this age, babies can chew just like adults. You can cut up food from family meals and let them feed themselves, building their mealtime skills and independence (see “Table Foods” on page 15).

### TIP FOR YOUR BABY'S TEETH

Babies start to get teeth at about six months old. Brush their teeth gently with a soft baby toothbrush and a rice-grain amount of fluoride toothpaste twice a day. Some foods can be very sticky! Make sure all teeth are cleaned and free from food debris. Have your baby's teeth checked by a dental professional before their first birthday.

### IMPORTANT TIP:

- > Foods do not need to be blended or pureed. Just mash them with a fork or potato masher
- > Your baby can enjoy mashed foods and soft finger foods before teeth appear
- > Six months old: Offer well-mashed or finely chopped foods
- > Seven to eight months old: Offer mashed and small pieces of soft foods
- > Nine to 12 months old: Offer soft foods and cut-up table foods

**IMPORTANT:  
THESE FOODS  
CAN CAUSE  
CHOKING**

- > Hard, raw vegetables like carrots or celery
- > Popcorn, candies and marshmallows
- > Nuts, peanuts and large seeds
- > Blobs of nut or seed butter
- > Whole grapes
- > Hotdogs
- > Fish bones

# FEEDING YOUR BABY SAFELY

## Foods that can cause choking

While offering your baby lots of different foods to try is great, you will need to specially prepare some foods to make them safe. Anything that is too hard, small and round, or smooth and sticky could get stuck in their throat.



Always remove the hard pits from stone fruit like cherries and apricots, and cut food into small pieces that are easy for your baby to swallow.



Peanut butter is so sticky that it can be dangerous for your baby if fed on its own or spread too thickly. Use a small amount of peanut (or almond, cashew and other nut) butter, and make sure you spread it nice and thin.

## FEEDING YOUR BABY SAFELY



Fish bones are sharp, and even very small ones can easily get stuck in your baby's throat. Ask your family members to show you the best way they debone fish, and always do a last check for any bones you may have missed before feeding any fish to your baby.



Always grate, cut or mash these foods to make them safe:

- Fruit
- Veg
- Bread/toast
- Pasta/noodles



Wait until your little one is at least four years old before you give them any of these:

- Small candy
- Popcorn
- Trail mix (nuts and seeds)
- Marshmallows

### DID YOU KNOW?

Hot dogs are the food that children choke on the most! Hot dogs aren't a healthy choice, but if you do give them to kids, cut them in half down the length and then chop into cubes.



**FOOD SAFETY TIP**

When milk, cheese or juice is unpasteurized, that means that they haven't had all the bacteria and teeny, tiny bugs taken out. These products are not safe for children under five years old, pregnant women, Elders, or people who might get sick easily. Unpasteurized milk is not recommended for anyone.

**WARNING:**

Coffee whiteners and "creamers" are not milk products, and should never be given to babies. They do not have any nutrition, are mostly high in sugar, and can be dangerous for your baby.

## Foods that can harm your baby



**Honey:** Honey can make babies under 12 months old really sick. Do not feed your baby honey or foods containing honey, including graham and teddy graham crackers or cereals with honey in them.

**Some types of milk:** Skim, 1% and 2% milk as well as plant-based beverages such as soy, rice, almond and coconut beverages do not have the right nutrition for your growing baby. Do not offer these before two years of age.

Coffee, tea, coffee creamers, reduced-fat foods and diet foods are not appropriate foods and drinks for your growing baby.

Do not offer your baby raw or lightly cooked sprouts (for example alfalfa or mung bean sprouts). These sprouts may contain harmful bacteria.



## Food allergies

Allergic conditions like food allergy often run in families. A food allergy happens when the body sees a food as harmful. The foods that most commonly cause food allergy are called common food allergens.

The most common food allergens are:

- Egg
- Milk
- Wheat
- Peanut
- Tree nuts (e.g. cashews, almonds, pistachios)
- Fish and shellfish (e.g. salmon, trout, clams, mussels, shrimp, crab, lobster)
- Sesame seed
- Soy

Food allergy reactions often appear within a few minutes after your baby eats the food. Some can happen up to two hours later. The most common include:

- Coughing and vomiting
- Hives, swelling, redness or rash
- Stuffy or runny nose with itchy watery eyes

Some allergic reactions to food are severe. Call 9-1-1 or the local emergency number right away if signs of a severe allergic reaction occur. Examples include:

- Swelling of the mouth, tongue or throat
- Hives that are spreading
- Any difficulty breathing, repetitive coughing or wheezing
- Difficulty swallowing or hoarse voice or crying
- Pale or blue colour of the face or lips
- Faintness, weakness or passing out

The risk of your baby developing a food allergy may be reduced by introducing the common food allergens at about six months of age. This is about the time most babies show they are ready for solids.

Introduce common food allergens to your baby one at a time.

If you are concerned that a food is causing an allergic reaction, stop giving the food to your baby and talk to your baby's health care provider. You can continue to offer other new foods.

### FOR ALLERGY NUTRITION SUPPORT

To learn more about food allergies and your baby, visit the resource "Reducing Risk of Food Allergy in your Baby" on the HealthLink BC website.

If you have questions or concerns about food allergies, meet with your baby's health care provider or a registered dietitian to discuss in more detail.

To speak to a registered dietitian, call 811 (or 711 for the hearing impaired).

You can also find Dietitian Services on the HealthLink BC website.

## Watch out for mercury

Mercury is a natural chemical that is found in most fish, and can be toxic for people's brains and nerves. Fish is an important source of iron and a healthy, nourishing choice for the whole family. Choose fish and other seafood that have less mercury than others.

### Lower levels of mercury

- Salmon (wild or farmed, fresh, frozen or canned)
- Shrimp
- Prawn
- Rainbow trout
- Atlantic mackerel
- Sole or dover sole

### Higher levels of mercury

- Tuna\* (fresh or frozen)
- Shark
- Marlin
- Swordfish
- Escolar
- Orange roughy

**\*Note:** Canadian North Pacific albacore tuna (fresh, frozen and canned) has been tested for mercury by the Canadian Food Inspection Agency and is considered safe to eat. The mercury level in these fish is lower than other albacore tunas. To find Canadian albacore tuna, look for "Product of Canada" on the label.

### For more information:

Visit the HealthLink BC website and search for "Mercury in Fish" publication.

Or call HealthLink health unit at 8-1-1 and ask to speak with a dietitian.

Visit HealthLink BC and search for "Introducing Solid Foods to Your Baby."

# MAKING AND STORING YOUR OWN BABY FOOD



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"One of the nicest stories I ever heard about premade baby food was from a friend of mine. His late wife used to process meats and veg into a puree that she then froze into ice-cube trays. Whenever it was time to feed their baby, she could just pick whatever she wanted then defrost it. It was very neat and easy. My son is old enough now that he enjoys helping and being part of the process, even if it's just stirring or harvesting something. It makes him feel included and provides him with a basic skill that will benefit him his entire life."

— **Laurette Lapalme**, Hagwilget

If you have the time, homemade baby food is definitely better than store-bought. It can:

- Be more nutritious
- Cost less
- Taste and look better
- Include more traditional foods
- Be easy to make
- Have little to no salt or sugar added

## Food safety in the kitchen

### Washing your hands

- Always clean your hands before and after eating, before preparing food, and after touching raw meat
- Always wash the area where you prepare your foods right away and use a sanitizer if possible
- Use soap and warm water to wash both your and your baby's hands for at least 20 seconds. Try singing your "ABCs" while you do it!
- Dry hands with paper towel or a clean towel
- If your baby is eating finger foods or with his or her hands, always wash hands before meals

### Cleaning the kitchen

- Wash all counters, tables, cooking and storage tools with hot water, soap and a clean cloth
- Wash high chairs, bibs and eating areas in hot, soapy water. Wash the feeding spoons, your baby's bowls and feeding equipment in the dishwasher or very hot soapy water and rinse

### Separating foods

- Keep raw meat, fish, birds (e.g. grouse, chicken, duck) and eggs away from other foods
- Do not use the same cutting board, knife or other tools to prepare raw meats as you do cooked meats
- Use one cutting board for vegetables and fruit, and another one for raw meat, fish and birds

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"When I was a young mom, I never premade baby food. I did up the meal I was making for our dinner, and they always had whatever we were eating."

— Akisqnuq First Nation

## Cooking

- Make sure food is cooked to a safe temperature (see chart below) by using a food thermometer (or a probe/stem thermometer)
- Put the tip of your thermometer into the thickest part of the meat or dish

FOOD ITEM	COOKING TEMPERATURE
Whole chicken or birds	180°F/82°C
Chicken, leftovers, casseroles, egg dishes and shellfish	165°F/74°C
Wild Game	165°F/74°C
Fresh beef, ground meat and pork	160°F/71°C
Fish	158°F/70°C

## Chilling

- Put leftovers in the fridge as soon as possible and within two hours of making it
- Keep your fridge at 4°C (40°F) or colder. Bacteria multiply fastest between 4°C (40°F) and 60°C (140°F), so chilling food properly is one of the best ways to avoid food poisoning

## Thawing

- Thaw frozen foods in the fridge, under cold running water, or in the microwave
- Do not thaw food on the counter

## Reheating

- Reheat food in the microwave or in a small pot over low heat on the stove
- Always use a microwave-safe glass plate or bowl instead of plastic when reheating food in the microwave
- Stir food often while reheating (see page "Microwave directions" on page 29 for Microwave Tip)
- Always check that food is warm, not hot, before you feed your baby
- Do not reheat leftovers more than once. If you have reheated food left over, throw it away
- Do not reheat breast milk or formula in the microwave because it destroys nutrients and heats unevenly, so your baby could burn their mouth. Instead, place bottle in a bowl of hot water

**TIP**

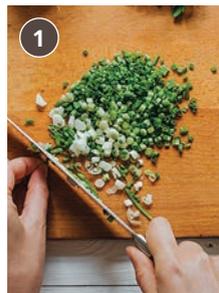
If you heat foods in the microwave, make sure you do it safely. Microwaves heat unevenly, creating "hot spots" that can hurt your baby's mouth.

- > Stir foods at least once halfway through cooking or reheating.
- > Taste food to see how hot it is before you give it to your baby.
- > To reheat food in a microwave, heat to 88°C (190°F), then cover it and let stand for two minutes.
- > Heat in glass rather than plastic containers to ensure safety.

## Food preparation tools

If you have these everyday kitchen items, then you can make your own baby food.

1. Knife: use to peel and/or cut food into small pieces
2. Cutting boards: use one for vegetables and fruit, and a separate one for raw meat, fish and birds
3. Pot: use to cook and reheat food on the stove top
4. Fork, spoon, potato masher, blender, baby food grinder, sieve: use these items to make food the right texture for your baby (see page 17)
5. Food thermometer: use to make sure food is cooked or stored at a safe temperature (see page 28)
6. Ice cube trays and cookie sheets: use to divide baby food into individual portion sizes for freezing
7. Microwave: use to cook and reheat food
8. Grater: use to grate or shred vegetables and hard cheeses



## Storing baby food safely

Remember to put any unused food in the fridge or freezer within two hours of making it.

### Storing in the fridge:

- Place the food in a clean, resealable container
- Label and date the container
- Use prepared, refrigerated food within two to three days unless your recipe says differently

### Feeding your baby food that has been stored in the fridge or freezer:

- Only take out enough food for that meal
- If frozen, thaw in the fridge, microwave or in a sealed container under running water. Never thaw food on the counter
- If you need to, heat food from the fridge in the microwave or in a pot on the stove over low heat (see page 29 for Microwave Tip)
- Move the food to your baby's dish
- Throw away any reheated leftovers from your baby's dish

### Storing in the freezer:

Spoon prepared food into a clean ice cube tray or onto a clean cookie sheet or muffin tray (keep portions small). Cover with plastic wrap and freeze right away.

- Once the food is frozen, remove the frozen pieces from the tray or pan, place them in a freezer bag and seal it
- Label and date the freezer bag
- Most baby food can be stored for two months in a fridge freezer or six months in a deep freezer. Check your recipe to see how long it will keep

### Tools to store food:

1. Freezer bags: used to store prepared baby food in the freezer (Note: remove food from freezer bags before heating it up)
2. Plastic wrap: used to cover food being stored in the fridge
3. Resealable plastic containers: used to store food in the fridge
4. Freezer-safe plastic containers: used to store frozen baby food in the freezer

# RECIPES

Now that we've learned all about which foods are best for your baby, and how to prepare and store them safely, let's get to the yummy part.

All the wonderful recipes you've helped us collect are perfect for babies six months and older. As your baby learns to eat solid foods, change the texture from pureed/blended, mashed or chopped to small chunks or pieces by the time your young one has their first birthday. From six months old, you can also include finger foods like small slices of toast, soft banana and O-shaped cereals.

Just like the rest of your family, your baby needs a variety of foods to help them stay healthy. Look for the symbols on each recipe. Each one will have one or more symbols, which show you what types of food (vegetables and fruits, grain foods, and protein foods) are in the recipe. The symbols will also tell you how much food the recipe makes, and how many ice cubes it'll make for freezing servings ahead of time.





# Breakfast

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My son enjoys homemade apple sauce so much that he mostly refuses to eat store-bought sauce.

— **Hailey Causton**, Westbank First Nation



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### Apple Sauce Recipe:

Peel and core apples, then slice and put in water with lemon juice so they don't go brown. Once apples are peeled and sliced, put in pot (I use a large stainless steel heavy bottom pot) and cook on low to medium heat. As apples heat, they will break down and create their own juice. I also add about half a cup of lemon juice to the apples. The longer you cook, the thicker the sauce. You can add cinnamon or nutmeg if you like, but I don't add anything. The apples are sweet enough. I put the sauce in half pints or pint jars and then use my water bath canner to complete.

I have added raspberries to the apples, which add sweetness and colour.

— **Simone Lampreau**, Simpcw First Nation

# Mashed Fresh Fruit

## SERVINGS



Makes 3 cups or 24 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 6 cups (1.5 L) apples, washed, peeled and cut into chunks
- ½ cup (125 ml) water

This recipe also works with pears, apricots, plums, peaches, nectarines and mangos. Remove skin and pits.

## Directions

1. Place cut fruit and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the fruit is soft, adding more water if you need to so it doesn't burn. Let it cool.
4. Mash with a fork to the texture that is right for your baby (see page 17).

### MICROWAVE DIRECTIONS

Place all ingredients in a microwave-safe glass bowl and heat on high until the fruit is soft, stirring occasionally. Let cool, then continue with Step 4.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**FOOD SAFETY TIP:** When heating or reheating foods, use a microwave or a small pot over low heat and stir the food often. Always check the temperature of the food before offering it to your baby. Food should be lukewarm, not hot. When heating or reheating food in the microwave, always use a microwave-safe glass plate or bowl instead of plastic.

# Mashed Canned Fruit

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 1 large can (796 ml) of peaches, pears, or fruit cocktail packed in water

If you use fruit cocktail with pineapple and/or grapes, puree the fruit in a blender. Pineapple and grapes are difficult to mash well enough to be safe for babies.

## Directions

1. Drain the canned fruit.
2. Place in a bowl and mash with a fork to the texture that is right for your baby (see page 17).

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**NUTRITION TIP:** Choose canned fruit packed in water or juice. Fruit packed in syrup has a lot of sugar.

# Pears, Apples and Plums

## SERVINGS



Makes 3 cups or 24 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 3 cups (750 ml) apples, washed, peeled and cut into chunks
- 3 cups (750 ml) pears, washed, peeled and cut into chunks
- 3 plums, washed, skin and pits removed
- ½ cup (125 ml) water

Canned pears can also be used; they do not need to be cooked. Add them to the cooked apples and plums before mashing.

## Directions

1. Place cut fruit and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the fruit is soft, adding more water if needed to prevent scorching. Let cool.
4. Mash with a fork to the texture that is right for your baby (see page 17).

### MICROWAVE DIRECTIONS

Place all ingredients in a microwave-safe glass bowl and heat on high until the fruit is soft, stirring occasionally. Let cool, then continue with Step 4.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

# Tropical Fruit Mash

## SERVINGS



Makes 3 cups or 24 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 1 large can (796 ml) peaches, packed in water
- 1 small can (540 ml) pineapple tidbits
- 1 banana

If you use fruit cocktail with pineapple and/or grapes, puree the fruit in a blender. Pineapple and grapes are difficult to mash well enough to be safe for babies.

## Directions

1. Drain the canned fruit.
2. Mash peaches and banana with a fork and blend the pineapple tidbits.
3. Combine mashed and blended fruits.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**NUTRITION TIP:** Add iron-fortified infant cereal for extra nutrition.

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 1 cup (250 ml) dried prunes, pitted
- ½ cup (125 ml) water
- 2 bananas

Canned pears can also be used; they do not need to be cooked. Add them to the cooked apples and plums before mashing.

## Directions

1. Place the prunes and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the fruit is soft, adding more water if needed to prevent scorching. Let cool.
4. Puree the prunes in a blender or use a food grinder. Prunes have a sticky texture, so it is important they are pureed well, especially for babies under 12 months.
5. Add the bananas and mash to the texture that is right for your baby (see page 17). Add breast milk or formula as needed.

### MICROWAVE DIRECTIONS

Place prunes and water in a microwave-safe glass bowl and heat in the microwave on high until the fruit is soft, stirring occasionally. Let cool, then continue with Step 5.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**NUTRITION TIP:** Never force your baby to eat. If they don't eat very much at one meal, they will make up for it at another meal.

# Rhubarb Pears

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 1 large can (796 ml) pears, packed in water or juice  
OR  
3 cups (750 ml) fresh pears, peeled and cut into chunks
- 2 cups (500 ml) fresh or frozen rhubarb, washed and chopped
- ¼ cup (50 ml) water

This recipe also works with canned peaches instead of pears.

## Directions

1. Place rhubarb and water in a pot.
2. Bring to a boil, then reduce heat to low. If you are using fresh pears, add them now.
3. Simmer until the rhubarb is soft, adding more water if needed to prevent scorching. Let cool.
4. If you are using canned pears, drain them now and add them to the cooled rhubarb.
5. Prepare to the texture that is right for your baby (see page 17).

### MICROWAVE DIRECTIONS

Place rhubarb, fresh pears and water in a microwave-safe glass bowl and heat on high, stirring occasionally until the rhubarb is soft. If using canned pears, continue with Step 4.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

### DID YOU KNOW?

Rhubarb is a source of fibre. Eating enough fibre helps you have regular bowel movements.

# Fruity Cereal

## SERVINGS



Makes ½ cup

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



## Ingredients

- ¼ cup (50 ml) iron-fortified infant rice cereal
- ¼ cup (50 ml) heated breast milk or formula
- ¼ cup (50 ml) Tropical Mash (see recipe on page 30) or other mashed fruit

This recipe also works with water instead of breast milk or formula.

## Directions

1. Heat the breast milk or formula in the microwave or in a small pot over low heat until warm.
2. Prepare cereal with the breast milk or formula as per package directions. If using water instead of breast milk or formula, boil the water then let it cool to lukewarm. Continue with Step 3.
3. Add the fruit mash and mix well. Food should be lukewarm, not hot.
4. Serve immediately.

Keeps in the fridge for one to two days.

**NUTRITION TIP:** Add ½ tsp. peanut butter for extra nutrition and flavour. Stir it in well so there are no sticky lumps.

# Peanut Butter Banana Yogurt

## SERVINGS



Makes  $\frac{1}{3}$  cup

## TYPES OF FOOD



Vegetables  
& Fruit



Protein  
Foods



## Ingredients

- 2 tbsp. plain yogurt (2.5% MF or higher)
- $\frac{1}{4}$  banana, mashed
- 1 tsp. peanut butter

## Directions

1. Mix banana and peanut butter well so there are no sticky lumps.
2. Stir banana and peanut butter mixture into the yogurt.
3. Serve immediately.

Keeps in the fridge for one to two days.

**FOOD SAFETY TIP:** Babies can try foods with peanut butter before one year of age. Try one new food at a time to help identify allergies.

See page 22 for more information about food allergies. If your baby shows any of the signs listed on page 23 after eating, seek medical help through your health centre, nursing station or emergency services right away.

# Baby Pancakes

## SERVINGS

Makes 6 little pancakes

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



## Ingredients

- ½ cup (125 ml) flour
- ½ cup (125 ml) iron-fortified infant cereal
- 1 tsp. (5 ml) baking powder
- 2 eggs
- ¾ cup (175 ml) water
- 2 tbsp. (25 ml) vegetable oil
- 1 tsp. (5 ml) vegetable oil for the frying pan
- Thawed fruit mash to serve

## Directions

1. Mix all dry ingredients in a large bowl.
2. In a separate bowl, whisk together eggs, water and 2 tbsp. vegetable oil.
3. Add the wet ingredients into the dry ingredients and stir only until combined. Batter will be lumpy.
4. Heat a non-stick frying pan over medium heat. Add the 1 tsp. of oil.
5. Once heated, pour about 2 tbsp. of batter onto the pan and cook until you see bubbles forming. Flip and cook the other side.
6. Cut into small pieces. Serve immediately with fruit mash.

**TO FREEZE PANCAKES:** Separate each pancake with plastic wrap and stack. Wrap with plastic or use a freezer bag and freeze.

**TO REHEAT FROZEN PANCAKES:** Remove only the number of pancakes you wish to serve and remove all plastic wrap. Place pancakes on a microwave-safe dish and microwave for 30 seconds.

Pancakes can be kept in the fridge for three days or frozen in the fridge freezer for up to two months.

**NUTRITION TIP:** Whole wheat flour is a healthier choice than white flour. Substitute whole wheat flour for white flour whenever possible.

# Scrambled Eggs

## TYPE OF FOOD



Protein  
Foods



## Ingredients

- 1 whole egg
- 1 tbsp. (15 ml) water

## Directions

1. Whisk egg and water in a small, microwave-safe bowl.
2. Heat in microwave on high for 30 seconds.
3. Let cool and cut into small pieces or mash with a fork.

**NUTRITION TIP:** Eggs are an affordable and excellent food choice for your baby. Babies can try cooked eggs, both the yolk and the whites, at six months of age.

## SERVINGS



Makes  $\frac{3}{4}$  cup

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



Protein  
Foods



## Ingredients

- $\frac{1}{4}$  cup (50 ml) iron-fortified infant cereal
- $\frac{1}{4}$  cup (50 ml) fruit prepared to the texture that is right for your baby (see page 17)
- 2 tbsp. (25 ml) water
- 2 tbsp. (25 ml) plain yogurt (2.5% MF or higher)

## Directions

1. Mix together cereal, fruit and water in a microwave-safe bowl.
2. Microwave on high for 30 seconds.
3. Add the yogurt, stir and serve.

Keeps in the fridge for one to two days.  
Serve leftovers cold.

**NUTRITION TIP:** Flavoured yogurt and low-fat yogurt often has added sugar. Choose plain yogurt with more than 2.5% milk fat to help build your baby's bones and teeth and support healthy growth.



# Lunch

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## General Baby Food Recipe:

When my children were small we would cook different veggies and mash them and once they were ready for meat (after 6 months when my children were young) we would cook the meat...

— **Wanda Nikal**, Witsset (Moricetown), BC

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My sons used to love the soups I would blend up and freeze in ice cube trays. Freezing them this way made portioning and accessibility so much easier.

— **Lori Gauthier**, Lower Similkameen Indian Band in Keremeos, BC

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## Mashed Potato and Carrot Recipe:

Cook your potatoes and carrots, mash them, cool the mixture down, then bag it and date it, no salt or butter added.

— **Karen Hance**, Kanaka Bar

# Mashed Vegetables

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 4 cups (1 L) frozen vegetables or fresh vegetables, peeled and cut into chunks
- ½ cup (125 ml) water

This recipe works for fresh or frozen green beans, squash, sweet potato, turnip, mixed vegetables, broccoli, cauliflower, peas and carrots.

## Directions

1. Place vegetables and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the vegetables are soft, adding more water if needed to prevent scorching. Let cool.
4. Drain any excess liquid.
5. Mash with a fork to the texture that is right for your baby (see page 17).

### MICROWAVE DIRECTIONS

Place all ingredients in a microwave-safe glass bowl and heat in the microwave on high until the vegetables are soft, stirring occasionally. Continue with Step 4.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**TIP:** Some vegetables take longer to cook than others. A cooked vegetable will mash easily when pressed with the back of a fork.

# Baby Pemmican

## SERVINGS



Makes 1½ cups or 12 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Protein  
Foods



## Ingredients

- 1 cup (250 ml) chopped fresh bison, deer, elk or lean beef or ½ cup dried meat with no added salt or seasonings
- 1 cup (250 ml) Saskatoon berries or blueberries
- 1 cup (250 ml) water

## Directions

1. Place meat, berries and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer for 30 minutes.
4. Prepare to the texture that is right for your baby (see page 17).

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

### DID YOU KNOW?

Traditional pemmican was made from dried, pounded meat, dried berries and melted animal fat. It was a very important trade item among Indigenous and European fur traders because it was light in weight, high in calories and did not need to be refrigerated.

# Pumpkin, Apple and Corn Mash

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 2 cups (500 ml) apples, washed, peeled and cut into chunks
- ½ cup (125 ml) water
- 1 cup (250 ml) frozen corn
- 1 cup (250 ml) canned pure pumpkin

## Directions

1. Place apples, corn and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the fruit is soft, adding more water if needed to prevent scorching. Let cool.
4. Add pumpkin.
5. Mash with fork or blend lightly in blender to keep some texture for your baby (see page 17).

### MICROWAVE DIRECTIONS

Place apples, water and corn in a microwave-safe glass bowl and heat in the microwave on high, stirring occasionally until the apples are soft. Continue with Step 3.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**SHOPPING TIP:** Buy canned pumpkin that has “pure pumpkin” on the label. Canned “pumpkin pie filling” has added sugar.

# Squash, Corn and Green Bean Mash

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 2 cups (500 ml) squash, peeled, seeds removed and chopped
- 1 cup (250 ml) fresh or frozen corn kernels
- 1 cup (250 ml) fresh or frozen green beans
- ½ cup (125 ml) water

This recipe also works with canned corn and canned green beans. Drain and rinse before use.

## Directions

1. Place vegetables and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer, stirring occasionally until the vegetables are soft.
4. Drain any excess liquid.
5. Mash with fork or blend to the consistency that is right for your baby (see page 17).

### MICROWAVE DIRECTIONS

Place all ingredients in a microwave-safe glass bowl and heat in the microwave on high, stirring occasionally until the vegetables are soft. Continue with Step 4.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**SHOPPING TIP:** Vegetables and fruit often cost less when they are in season.

# Beans and Vegetables

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Protein  
Foods



## Ingredients

- ½ cup (125 ml) canned baked beans
- 2 cups (500 ml) frozen vegetables
- ½ cup (125 ml) water

## Directions

1. Heat beans in a pot over medium heat, stirring occasionally until heated through. Set aside.
2. Place vegetables and water in another pot.
3. Bring to a boil, then reduce heat to low.
4. Simmer until the vegetables are soft and heated through, stirring occasionally.
5. Drain the liquid from the vegetables.
6. Add the beans to the vegetables and use a fork to mash to the texture that is right for your baby (see page 17). Add breast milk or iron-fortified formula as needed.

### MICROWAVE DIRECTIONS

Place beans in a microwave-safe glass bowl and heat on high for two minutes, stirring occasionally. Place vegetables in a separate microwave-safe glass bowl with water and heat on high until the vegetables are soft. Continue with Step 5.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

# Potato, Carrot, Turnip

Submitted by Saddle Lake Health Centre

## SERVINGS



Makes 3 cups or 24 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 2 cups (500 ml) potato, peeled and chopped
- 2 cups (500 ml) turnip, peeled and chopped
- 2 cups (500 ml) carrots, peeled and chopped

## Directions

1. Place vegetables in a large pot and cover with water.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the vegetables are soft.
4. Drain the liquid.
5. Mash with a fork to the texture that is right for your baby (see page 17).

### MICROWAVE DIRECTIONS

Place all ingredients in a microwave-safe glass bowl. Add 2 cups (500 ml) of water and heat on high until the vegetables are soft, stirring occasionally. Continue with Step 4.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**NUTRITION TIP:** A baby's taste buds are very sensitive. It is not necessary to add salt or other seasoning to your baby's food.

# Baked Bannock

## SERVINGS



Makes one 8x8 pan (32 pieces)

## TYPE OF FOOD



Grain  
Foods



## Ingredients

- ½ cup (125 ml) iron-fortified infant cereal
- 1½ cups (375 ml) flour
- 4 tsp. (20 ml) baking powder
- 1 tbsp. (15 ml) sugar
- ¼ cup (50 ml) vegetable oil
- 1 cup (250 ml) water

## Directions

1. Preheat the oven to 350°F (180°C).
2. Grease an 8x8 baking dish.
3. Mix all dry ingredients together in a large bowl. Slowly mix in the oil and combine to make a coarse mixture.
4. Make a dent in the centre of the dough and add the water. Knead gently until combined.
5. Press the dough into the greased pan and bake for 30 minutes.
6. Cut into small pieces.

Keeps wrapped in plastic for two days at room temperature. It can also be frozen in a resealable freezer bag.

**NUTRITION TIP:** Fried foods like fry bread are not good for babies because they are too high in fat.

My children loved the jams on toast before school. Now they are adults and like jam on bannock.

— Pat Raphael Derickson,  
Tsinstikeptum, Westbank First Nation

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPES OF FOOD



Grain  
Foods



Protein  
Foods



## Ingredients

- ½ cup (125 ml) dried lentils
- 1 cup (250 ml) uncooked rice
- 3 cups (750 ml) water

This recipe also works with dried split peas.

## Directions

1. Place lentils, rice and water in a large pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the lentils are soft. Add more water if needed.
4. Mash to the texture that is right for your baby (see page 17).

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**SHOPPING TIP:** Lentils are similar to dried peas and beans, and can be found in most grocery stores near the soup, pasta or canned beans. They can either be dried (which require cooking) or canned (which only require heating). If you can't find lentils, talk to your store manager. They may be able to order some for you.

# Carrot, Split Pea and Potato

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Protein  
Foods



## Ingredients

- ½ cup (125 ml) dried split peas
- 1 cup (250 ml) carrot, peeled and chopped
- 1 cup (250 ml) potato, peeled and chopped
- 3 cups (750 ml) water

This recipe also works with dried lentils.

## Directions

1. Place split peas, carrots, potatoes and water in a large pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the split peas are soft enough to be mashed with a fork. Add more water if needed.
4. Prepare to the texture that is right for your baby (see page 17).

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**NUTRITION TIP:** Split peas and lentils are low in cost and high in nutrition. They come in a variety of colours and cook in about 20 minutes. Mash to make a great food for your baby.

## SERVINGS



Makes 1 cup or 8 ice cube servings

## TYPE OF FOOD



Protein  
Foods



## Ingredients

- 2 cups (500 ml) fresh or frozen fish, deboned and chopped
- ½ cup (125 ml) water

## Directions

If using frozen fish, then thaw it first. See page 31 for information on thawing meats safely.

1. Remove all skin and bones from fish. Remember that bones can get caught in your baby's throat and cause them to choke, so check with family members for tips on removing all bones safely.
2. Place fish and water in a pot. Bring to a boil, then reduce heat to low.
3. Simmer for 20 minutes.
4. Drain the liquid.
5. Chop or mash to the texture that is right for your baby (see page 17). Check again to make sure you have gotten rid of all the fish bones before feeding.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**FOOD SAFETY TIP:** Fish is an important source of iron and a healthy choice for the whole family, but some types of fish contain high levels of mercury. Please refer to the page 23 for more information on mercury.

# Broccoli, Cheese and Tuna

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Protein  
Foods



## Ingredients

- 4 cups (1L) fresh or frozen broccoli, chopped
- ½ cup (125 ml) water
- 1 can (170 g) canned “light” tuna packed in water, drained and flaked into very small pieces
- 1 cup (250 ml) grated cheese

This recipe also works with frozen mixed broccoli and cauliflower.

## Directions

1. Place vegetables and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the broccoli is soft.
4. Drain the water and save it in another container.
5. Add the tuna and cheese to the broccoli and stir to combine.
6. Mash to the texture that is right for your baby (see page 17). Add saved water as needed.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**FOOD SAFETY TIP:** Choose canned “light” tuna whenever possible. If you choose albacore (white) tuna, which is higher in mercury, it is recommended to limit your baby to a quarter of a can per week.

# Macaroni and Cheese with Peas

## SERVINGS



Makes 1½ cups or 12 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



Protein  
Foods



## Ingredients

- ½ cup (125 ml) dry macaroni
- ⅓ cup (75 ml) canned evaporated whole milk (full fat) or 3.25% MF homogenized milk
- ¼ cup (50 ml) frozen peas
- ½ cup (125 ml) grated cheese

Go ahead and get creative with this recipe. Try different pasta shapes and add other vegetables or meats your baby likes.

## Directions

1. Cook the pasta according to the package directions. Drain and set aside.
2. Put the milk and peas in a pot and heat gently over medium heat until hot.
3. Add the grated cheese and stir until melted.
4. Mix in the cooked pasta.
5. Prepare to the texture that is right for your baby (see page 17).

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.



# Dinner

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My son loved butternut squash. I would just bake it plain in the oven for him, and then add a bit of breast milk and feed it to him fresh.

— Margaret Charlie, Sts'ailes




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## Mashed Veggies and Stew Recipe

When my children were small, we would cook different veggies and mash them. Once they were ready for meat after six months, we would cook the meat and then put it through a blender. When we made stews, the same thing; we would put in a blender and feed them that.

— **Wanda Edgar**, Nuxalk Nation

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My baby food recipe would be my homemade stew. Ingredients needed: 1 lb. beef stew, 1 can tomatoes, 2 carrots, 2 celery stalks, ½ onion. Spices: 1 tsp garlic powder, 1 tsp cumin, 1 tsp salt. Precook this recipe for two hours. Brown your meat first. Deglaze your pan so that you have all the drippings/flavour from the bottom of the pan. Add your vegetables and spices. You can also hard boil for 30 minutes in the pressure cooker.

— **Claudette Leon**, Sts'ailes

# Cut Up / Ground Meats

## SERVINGS



Makes 1 cup or 8 ice cube servings

## TYPE OF FOOD



Protein  
Foods



## Ingredients

- 2 cups (500 ml) raw, cubed meat (about 200g or ½ lb)
- 1 cup (250 ml) water

This recipe will work with elk, deer, bison, beef, pork, chicken, rabbit or duck.

## Directions

1. Place meat and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer for 20 minutes.
4. Drain the liquid and save it in another container.
5. Puree or cut into small pieces to the texture that is right for your baby (see page 17). Add saved water as needed.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**NUTRITION TIP:** If you have cooked meat that is really tender, try grinding or chopping it to challenge your baby with new textures.

# Broccoli and Carrots

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 3 cups (750 ml) fresh or frozen broccoli, chopped
- 1 cup (250 ml) carrot, peeled and chopped
- 1 cup (250 ml) water

This recipe also works with frozen mixed broccoli and cauliflower.

## Directions

1. Place broccoli, carrots and water in a large pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the carrots are soft.
4. Drain and save the water in a separate container.
5. Mash with a fork until you reach the texture that is right for your baby (see page 17). Add the saved water as needed.

### MICROWAVE DIRECTIONS

Place all ingredients in a microwave-safe bowl and heat in the microwave on high, stirring occasionally until the carrots are soft. Continue with Step 4.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**NUTRITION TIP:** Add a scrambled egg or grated cheese for extra nutrition.

# Sweet Potato and Turnip

## SERVINGS



Makes 3 cups or 24 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 2 cups (500 ml) sweet potato, peeled and chopped
- 2 cups (500 ml) turnip, peeled and chopped

## Directions

1. Put vegetables in a pot and cover with water.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the vegetables are soft.
4. Drain the liquid.
5. Mash with a fork until you reach the texture that is right for your baby (see page 17).

### MICROWAVE DIRECTIONS

Place all ingredients in a microwave-safe glass bowl. Add 2 cups (500 ml) of water and heat on high, stirring occasionally until the vegetables are soft. Continue with Step 4.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**TIP:** Let your baby try to feed themselves with chunks of soft, cooked vegetables.

# Rice and Dandelion Greens

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



## Ingredients

- ¼ cup (50 ml) uncooked rice
- 1 ½ cups (375 ml) water
- 1 cup (250 ml) potato, peeled and chopped
- 2 cups (500 ml) raw dandelion greens or fresh spinach (or ¼ cup frozen spinach)

## Directions

1. Place rice, water and potato in a pot.
2. Bring to a boil, then reduce heat to low. Cover and simmer for 30 minutes.
3. Add the greens and turn off the heat. Cover and let sit for 30 minutes.
4. Drain the liquid.
5. Mash or cut to the texture that is right for your baby (see page 17).

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

**FOOD SAFETY TIP:** Do not pick dandelion greens from ditches or public places like parks—they may have been sprayed with weed or bug killers and could make your baby sick. Always wash greens well before cooking and eating. Also, try to pick the young dandelion greens; they are more tender and less bitter.

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



## Ingredients

- ½ cup (125 ml) dry rice
- 2 cups (500 ml) water
- 2 cups (500 ml) butternut squash, peeled, seeds removed and chopped

This recipe also works with sweet potato instead of squash.

## Directions

1. Place rice, water and squash in a pot.
2. Bring to a boil, then reduce heat to low. Cover and simmer for 30 minutes.
3. Remove from heat and let sit, covered, for 30 minutes.
4. Mash or cut to the texture that is right for your baby (see page 17).

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

### DID YOU KNOW?

Wild rice is a type of grass. It has been used by Indigenous peoples for centuries and is very nutritious.

# Chicken, Rice and Sweet Potato

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



Protein  
Foods



## Ingredients

- ½ cup (125 ml) uncooked rice
- 1 cup (250 ml) chopped, raw chicken
- 1 cup (250 ml) sweet potato, peeled and chopped (about 1 medium-sized sweet potato)
- 2 cups (500 ml) water

## Directions

1. Place rice, chicken, sweet potato and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer for 20 minutes or until the sweet potato is soft and the chicken is no longer pink.
4. Mash or cut to the texture that is right for your baby (see page 17).

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**NUTRITION TIP:** Packaged rice dishes often have a lot of salt. Try making your own rice dish by mixing wild rice with white or brown rice.

# Fish and Green Beans

## SERVINGS



Makes 1 cup or 8 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



Protein  
Foods



## Ingredients

- 1 cup (250 ml) fresh or frozen fish, deboned and cut up, or 1 can (170 g) tuna or salmon, drained
- 1 ½ cups (375 ml) fresh or frozen green beans
- ½ cup (125 ml) water

This recipe will work with any type of fish. You can also use canned green beans—drain, rinse, and then add the beans to the pot halfway through Step 4 instead of at Step 2.

## Directions

If using frozen fish, thaw it first. See page 31 for information on thawing meats safely.

1. Remove all bones from the fish. Remember that bones can get caught in your baby's throat and cause them to choke, so check with family members for tips on removing all bones safely.
2. Place fish, beans and water in a pot.
3. Bring to a boil, then reduce heat to low.
4. Simmer for 20 minutes. Let cool.
5. Mash or chop to the texture that is right for your baby (see page 17). Check again to make sure you have gotten rid of all the bones.

### MICROWAVE DIRECTIONS

Place all ingredients in a microwave-safe glass bowl and heat in microwave on high for 8 minutes, stirring occasionally. Let cool, then continue with Step 5.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

# Salmon or Fish with Parsley Sauce

## SERVINGS



Serves a family of four, including your baby

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



Protein  
Foods



## Ingredients

- 4 salmon fillets or use canned salmon
- 1 tbsp. (15 ml) olive or vegetable oil
- 1½ tbsp. (25 ml) butter
- 1 tbsp. (15 ml) flour
- 1 cup milk (250 ml)
- ¼ cup (60 ml) finely chopped fresh parsley or 1 tbsp. (15 ml) dried parsley
- 1½ tbsp. (25 ml) lemon juice

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

## Directions

If using frozen fish, thaw it first. See page 31 for information on thawing meats safely.

1. Pre-heat oven to 400°F (200°C).
2. Remove all bones from the fish. Bones can get caught in your baby's throat and cause them to choke.
3. Line a baking sheet with foil and place fish on top, skin side down. Brush top of fish with oil and bake at 400°F (200°C) for 8-10 minutes per inch (2.5 cm) of thickness, until fish flakes easily with a fork.
4. To make the parsley sauce, melt butter in a saucepan over medium-low heat.
5. Stir in flour and cook, stirring, for 1 minute.
6. Gradually stir in milk. Increase heat to medium and cook, stirring, for 3 minutes or until sauce thickens and coats the back of a spoon.
7. Remove from heat. Stir in parsley and lemon juice.

Serve with baked fish after checking again that there are no bones in the fillets.

8. For your baby, flake the baked fish and make sure there are no bones. Add parsley sauce, breast milk or water to fish to moisten. If using canned salmon, flake with a fork and serve with parsley sauce.
9. Serve with rice and your family's favourite vegetables.

# Duck, Apple and Potato

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Protein  
Foods



## Ingredients

- 1 cup (250 ml) raw duck or chicken, chopped
- 1 cup (250 ml) apple, peeled and chopped
- 1 cup (250 ml) potato, peeled and chopped
- 1 cup (250 ml) water

## Directions

1. Place duck, apple, potato and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer for 20 minutes or until the potato is soft.
4. Mash or chop to the texture that is right for your baby (see page 17).

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

# Roast Chicken Dinner

## SERVINGS



Serves a family of four or five, including your baby

## TYPE OF FOOD



Protein  
Foods



## Ingredients

- 1 whole chicken
- 1 lemon, halved
- 1 tbsp. (15 ml) olive oil or vegetable oil

## Directions

1. Preheat an oven to 375°F (176°C).
2. Place chicken in a roasting pan and put lemon halves into the cavity; rub the oil over chicken skin.
3. Roast in the preheated oven for about 1 hour and 40 minutes until skin is browned and crisp, the juices run clear, and an instant-read meat thermometer inserted into the thickest part of a thigh (not touching bone) reads 185°F (85°C).
4. Let chicken rest for 15 minutes before carving.
5. The dark meat on the thighs and legs of the chicken has more iron. Serve meat from these parts to your baby. Chop the meat finely and moisten with broth or breast milk if needed.
6. Slice some meat for the rest of the family.
7. Serve with vegetables and a grain or starch of your choice.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

# Elk, Potato and Vegetables

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Protein  
Foods



## Ingredients

- 1 cup (250 ml) raw elk, chopped
- 1 cup (250 ml) potato, peeled and chopped
- 1 cup (250 ml) frozen mixed vegetables
- 2 cups (500 ml) water

This recipe also works with deer, beef, caribou or pork.

## Directions

1. Place meat, potato, vegetables and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer for 20 minutes.
4. Prepare to the texture that is right for your baby (see page 17).

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

# Creamy Fish with Spinach

## SERVINGS



Makes 1 cup or 8 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Protein  
Foods



## Ingredients

- 1 cup (250 ml) fresh or frozen fish, chopped and bones removed
- ½ cup (125 ml) can of full fat evaporated milk, or 3.25% MF homogenized milk
- ½ cup (125 ml) frozen spinach, thawed and squeezed dry

This recipe also works with 3 cups of fresh spinach instead of a ½ cup of frozen.

## Directions

1. Remove all bones from the fish. Bones can get caught in your baby's throat and cause choking, so check with family members for tips on removing all bones safely.
2. Place fish in a pot and cover with water.
3. Bring to a boil, then reduce heat to low.
4. Simmer for 20 minutes, then drain and discard the liquid.
5. Add the milk and spinach to the fish in the pot.
6. Heat gently over medium heat until hot.
7. Use a fork and knife to prepare to the texture that is right for your baby (see page 17). Check again for any bones before feeding to your baby.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

# Cranberry Rabbit and Rice

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



Protein  
Foods



## Ingredients

- 1 cup (250 ml) cooked rabbit, chopped
- ½ cup (125 ml) uncooked rice
- ½ cup (125 ml) dried cranberries, chopped
- 2 ½ cups (625 ml) water

This recipe also works with chicken instead of rabbit, and Saskatoon berries or raisins instead of cranberries.

## Directions

1. Place rabbit, rice, cranberries and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Cover and simmer for 20 minutes.
4. Prepare to the texture that is right for your baby (see page 17).

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**FOOD SAFETY TIP:** Small, round and chewy foods can be choking hazards. Chop dried cranberries, raisins, and Saskatoon berries before giving them to your baby.

# All-Purpose Tomato Sauce

## SERVINGS



Makes 3 cups or 24 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 4 cups (1 L) fresh tomatoes, chopped
- 2 cups (500 ml) frozen mixed vegetables
- ½ cup (125 ml) water
- ¼ cup (50 ml) vegetable oil
- 1 cup (250 ml) onion, chopped
- 1 tsp. (5 ml) garlic powder
- 1 tsp. (5 ml) dried basil or oregano (optional)

## Directions

1. Add all the ingredients to a large pot. Cook over medium heat for 20–30 minutes, stirring occasionally.
2. Mash to the texture that is right for your baby (see page 17).
3. Serve over cooked pasta cut into small pieces, or over cooked rice.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**NUTRITION TIP:** This is a healthy tomato sauce that the whole family can enjoy. Stir in some cooked, ground meat for a quick meal. See the recipe for “Meats” on page 61.

# Pasta and Tomato Sauce with Cheese

75

## SERVINGS



Makes 1½ cups or 12 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



Protein  
Foods



## Ingredients

- ½ cup (125 ml) dry pasta. Little pasta shapes are a great way for your baby to practise eating with their fingers.
- ½ cup (125 ml) thawed tomato sauce (about 4 ice cube servings) (see recipe on page 74)
- ¼ cup (50 ml) grated cheese

You can also add a ¼ cup (50 ml / approx. 2 ice cube servings) of thawed Meats (see recipe page 61) or use ground meat instead of pureed. Cook ground meat and drain fat before adding to pasta.

## Directions

1. Cook pasta as per package directions. Drain and return to the pot.
2. Add tomato sauce and cheese and cook over medium heat until heated through.
3. Cut food with a fork or knife to the texture that is right for your baby (see page 17).
4. Serve when slightly cooled.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**NUTRITION TIP:** Cheese spreads and processed cheese slices can be high in fat and salt. Try cottage cheese, grated cheddar or mozzarella cheese.

# Beef Hash with Vegetables

## SERVINGS



Makes 3 cups or 24 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Protein  
Foods



## Ingredients

- 4 cups (1 L) fresh tomatoes, chopped
- 2 cups (500 ml) frozen mixed vegetables
- ½ cup (125 ml) water
- ¼ cup (50 ml) vegetable oil
- 1 cup (250 ml) onion, chopped
- 1 tsp. (5 ml) garlic powder
- 1 tsp. (5 ml) dried basil or oregano (optional)

## Directions

1. Heat vegetable oil in a large frying pan over medium heat. Add ground beef and cook until well done and no longer pink. Drain extra fat into an empty jar or can.
2. Return meat to the pan and add the rest of the ingredients. Cook over medium heat for 15 minutes or until very hot.
3. Serve as is or mash to desired consistency using breast milk, iron-fortified formula or water.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

# Chicken, Rice and Broccoli with Cheese

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



Protein  
Foods



## Ingredients

- ¼ cup (50 ml) rice
- ½ cup (125 ml) water
- 1 cup (250 ml) chopped chicken
- 1 cup (250 ml) chopped broccoli
- ½ cup (125 ml) grated cheese

## Directions

1. In a medium pot, cook rice according to package directions.
2. Add chicken and water to the cooked rice and cook for 15 minutes over medium heat, or until the chicken is no longer pink inside. Use a knife and fork to check.
3. Add the broccoli and cook for 5 minutes. Add more water if needed.
4. Remove from the heat and stir in the cheese. Let cool.
5. Prepare to the texture that is right for your baby (see page 17).

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.



# Snacks

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Avocados are a great first snack because of all the nutritional benefits. As avocados are creamy and have a soft texture, you do not need to cook them. I remember just mushing the avocado up for my daughter and she loved it. If I couldn't find avocados then bananas were great too!

— **Joely Fulcher**, Old Masset, Haida Nation

# Baby Trail Mix

## SERVINGS



Makes 1 cup or 8 ice cube servings

## TYPE OF FOOD



Grain  
Foods



## Ingredients

- ½ cup (125 ml) cubed bannock or dry, whole wheat toast
- ¼ cup (50 ml) low-sugar O-shaped cereal

## Directions

1. Mix ingredients together.

Store in an airtight container for up to 3 days.

# Blue Peaches

## SERVINGS



Makes 2 cups or 16 ice cube servings

## TYPE OF FOOD



Vegetables  
& Fruit



## Ingredients

- 1 large can (796 ml) peaches, packed in water
- 2 cups (500 ml) fresh and washed, or frozen and thawed wild blueberries or Saskatoon berries

This recipe also works with canned pears.

## Directions

1. Drain the peaches.
2. In a bowl, mash peaches and berries together with a fork to the texture that is right for your baby. Add breast milk or formula as needed.

**IF FREEZING:** Spoon into an ice cube tray and freeze. When frozen, transfer the cubes to a plastic container or a resealable bag and store in the freezer.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

# Baby Biscuit

## SERVINGS



Makes 15 biscuits

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



## Ingredients

- 1 cup (250 ml) iron-fortified infant cereal
- 1 cup (250 ml) 100% unsweetened fruit juice
- 1 cup (250 ml) flour

## Directions

1. Preheat oven to 375°F (180°C). Lightly grease a cookie sheet with oil or cover with parchment paper. Set aside.
2. In a large bowl, mix all the ingredients together. Form into small balls with a spoon and flatten into circles on the prepared cookie sheet.
3. Bake for 20–25 minutes.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**FOOD SAFETY TIP:** Always watch your baby for signs of choking. Once your baby is moving, don't let them crawl or run around with food.

# Baby Muffins

## SERVINGS



Makes 6 regular or 18 mini muffins

## TYPES OF FOOD



Vegetables  
& Fruit



Grain  
Foods



Protein  
Foods



## Ingredients

- ½ cup (125 ml) flour
- 1 cup (250 ml) iron-fortified infant cereal
- 1 tsp. (5 ml) baking powder
- ⅓ cup (75 ml) unsweetened apple sauce or any fruit mash
- ⅓ cup (75 ml) plain yogurt (2.5% MF or higher)
- 1 tbsp. (15 ml) vegetable oil
- 1 egg

This recipe also works with breast milk or iron-fortified formula instead of yogurt.

## Directions

1. Preheat oven to 375°F (180°C). Lightly grease a muffin tin with oil, or insert muffin tin liners.
2. In a large bowl, mix together flour, infant cereal and baking powder.
3. In a small bowl, mix together, apple sauce, yogurt, oil and egg. Add wet ingredients to dry ingredients and mix until just combined.
4. Fill the muffin tins until almost full.
5. Bake for 20–25 minutes.
6. To serve, cut the muffin into bite-size pieces to make it safe for your baby to eat.

Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

**FOOD SAFETY TIP:** See page 19 for tips on making foods safe for your baby.

# PROGRESS NOTES

## Six to seven months

### Your baby can:

- Hold head up
- Sit up with some support, or on their own
- Turn head away from food when full
- Open mouth to accept food
- Take food from a spoon
- Move food around in mouth using tongue
- Make a chewing motion

At this stage, your baby is ready to start eating pureed or mashed foods and move towards chopped or grated foods.

Purees are only needed for foods that could be choking hazards like dried fruit and stringy foods (e.g. meats, green beans, pineapple, etc.).

Your baby is also ready for some finger foods like cut-up toast, banana chunks and soft pieces of cooked vegetable.

With your help, your baby can also start learning how to drink water from an open cup.



### DID YOU KNOW?

Growth and development of babies vary—not all babies do things at the same time. If your baby can't do these things or you have questions about your baby's development, speak to your health care provider. You can read more here: <http://www.fnha.ca/Documents/growingup.pdf>



## Eight to 12 months

### Your baby can:

- Sit on his/her own with no help
- Crawl, or is learning to crawl
- Use fingers to feed themselves
- Close mouth on the rim of a cup
- Take sips from a cup with help from adults
- Eat lumpy, chopped and cut-up foods
- Show food likes and dislikes
- Make chewing motions

At this stage, your baby will be very interested in feeding him or herself. Try giving them meals right on the tray or table.

Dried fruit should still be pureed but most other foods can be grated or chopped (see page 19 for other choking hazards).

Continue to offer water from an open cup.

## 12 to 18 months

### Your baby can:

- Bite and chew food
- Feed self with a spoon
- Feed self with fingers
- Hold a cup when drinking
- Take sips from a cup
- Eat most foods from family meals, cut up so they can feed themselves
- Copy what other family members are doing at the table

At this stage, your baby is eating more foods from the family table, chopped or cut to the right size.

Breast milk is still best until two years or older. If you switch your baby to cow's milk, you can offer up to three cups of 3.25% homogenized cow's milk per day.



# MY RECIPES

<b>Recipe Name</b>	<b># of servings:</b>
Ingredients:	
Directions:	

<b>Recipe Name</b>	<b># of servings:</b>
Ingredients:	
Directions:	

<b>Recipe Name</b>	# of servings:
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Directions:	

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Ingredients:	
Directions:	

<b>Recipe Name</b>	# of servings:
Ingredients:	
Directions:	

# APPENDIX A

## Making baby food with a blender

1. Start with a clean blender
2. Put food in the blender
3. Turn on to blend food to the texture that is right for your baby (see page 17)
4. Add breast milk or iron-fortified formula if more liquid is needed
5. Serve or store food within one hour

**FOOD SAFETY TIP:** Before blending or grinding, check your recipe to see if the food needs to be cooked first.



## Making baby food with a food grinder

1. Start with a clean food grinder
2. Pull cup section up to fill with food
3. Place food into grinder
4. Insert handle/cutter into grinder, and rotate handle with one hand while pressing slowly downward with the other hand
5. Add breast milk or iron-fortified formula if more liquid is needed
6. Serve or store food within two hours



# APPENDIX B

## Caring for your baby's teeth

### Babies get bacteria

1. Babies get cavity-causing bacteria from their caregivers' saliva through kisses, pre-chewing food, or even by cleaning a soother in their mouths before giving it to their babies. Remember to keep your mouth healthy with regular dental cleanings to protect your baby.
2. Clean your baby's gums daily. Use a clean damp washcloth or finger brush.
3. Don't put your baby to bed with a bottle. This can be a choking hazard and putting your baby to bed with a bottle with anything other than plain water may cause tooth decay. If you breastfeed, avoid letting your baby nurse all night.

**Baby teeth are important.** These are important reasons to keep baby teeth healthy until they fall out naturally:

- Jaw development — chewing stimulates proper jaw growth.
- Chewing — broken down food makes digestion easier.
- Speech development — properly aligned teeth help with speech.
- Spacing — baby teeth guide adult teeth into proper position.

### Brushing your baby's teeth

- Begin brushing your baby's teeth as soon as the first tooth appears.
- Gently brush twice a day using a rice grain amount of fluoride toothpaste on a soft toothbrush.
- Remember to gently brush where the teeth and gums meet.
- Check your baby's teeth often. If you see white or brown spots along the gum line, speak to a dental professional or the First Nations Health Authority's Children's Oral Health Initiative providers.

**Positioning for toothbrushing.** Find a comfortable position, such as:

- Lay your child on a change table, making sure they cannot fall off.
- Place your child on a couch or bed, with their head in your lap.
- Lay your child on the floor with their head placed between your legs.

### PARENTS SHOULD CHECK THEIR BABY'S TEETH OFTEN TO LOOK FOR THE FIRST SIGNS OF TOOTH DECAY.

- > Stage 1: Healthy teeth
- > Stage 2: WHITISH LINES along the gum line could mean the beginning of tooth decay.
- > Stage 3: BROWN AREAS or decayed spots along the gum line.

### DID YOU KNOW?

Children will not lose their baby molars until 11 or 12 years of age.

### TOOTH DECAY

- > Acid is produced for 20 - 40 minutes each time sugar is available in the mouth.
- > The more OFTEN sugar is available in the mouth, the more risk of tooth decay.
- > Over time and after frequent acid attacks, a hole or cavity appears.

# APPENDIX B

## Three things to ask before you offer that snack:

1. **Is it sticky?** Sticky foods are often high in sugar and cause longer acid attacks.
2. **Is it healthy?** Children need nutritious foods and drinks for healthy bodies and teeth.
3. **How many times a day?** Children should have three meals and two snacks daily.

## Choose the BEST for your child:

Avoid sugary drinks and treats

- SERVE milk or water at meals
- WATER for thirst and between meals
- LIMIT sugary drinks and sticky treats
- OFFER a variety of foods at meal and snack time

## Chew your juice!

Fruit is a healthy food or snack for people of all ages

- Fruits contain many vitamins and minerals as well as fibre. Eating an orange or banana or apple or any other fruit often satisfies hunger and thirst.
- When we choose juice instead of fruit we lose much of the nutritional value of the fruit.

**YOUR CHILD SHOULD SEE A DENTAL PROFESSIONAL BY AGE ONE**

**THE HEALTH OF YOUR MOUTH CAN AFFECT YOUR BABY**

- > If you are planning to become pregnant it is best to visit a dental professional to ensure a healthy mouth.
- > It is safe to go for a dental visit while you are pregnant.







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