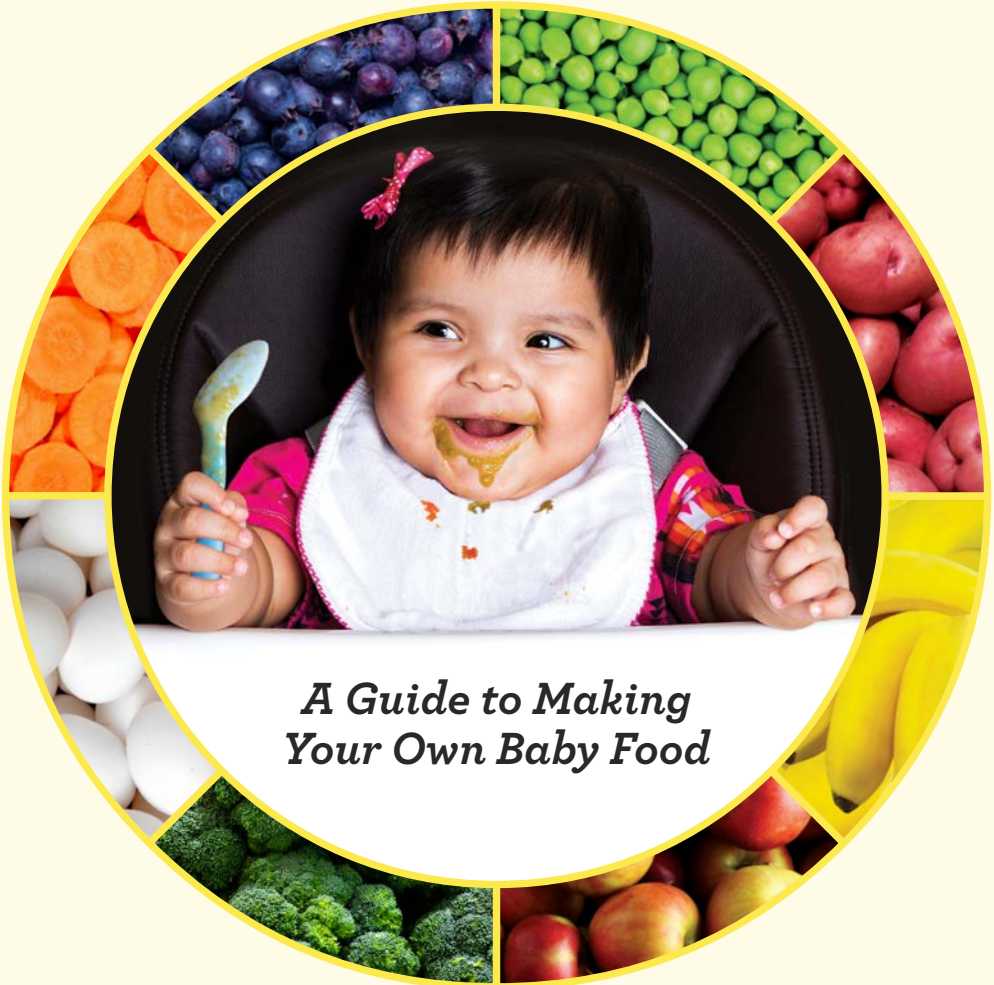

FIRST SOLID FOODS

— FOR FIRST NATIONS —



*A Guide to Making
Your Own Baby Food*



Health
Canada

Santé
Canada

Canada 

Health Canada is the federal department responsible for helping the people of Canada maintain and improve their health. We assess the safety of drugs and many consumer products, help improve the safety of food, and provide information to Canadians to help them make healthy decisions. We provide health services to First Nations people and to Inuit communities. We work with the provinces to ensure our health care system serves the needs of Canadians.

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First Solid Foods for First Nations

A guide to making your own baby food

Inside this cookbook you'll find 44 recipes that were tested and tasted by parents, nutritionists, and most importantly babies from First Nations communities across Alberta, from Piikani to Fort Chipewyan. Elders, community members, community health centre staff and Health Canada's Nutrition Advisory Team contributed to this cookbook to ensure the recipes include traditional foods and use easy-to-find and budget-friendly ingredients that are good for your growing baby. Added bonus: the recipes you'll find here actually taste good too!

This book will also help you know when your baby is ready to start solid foods (page 5), help you decide what, when and how much to feed them (pages 10–11), and of course, how to make these foods yourself (page 19)!

Many Elders teach that overall wellness is about balancing physical, spiritual, emotional, and mental health. Making healthy food choices and practicing healthy eating habits can contribute to your baby's wellness and your health too.

Making homemade food for your baby can be a healthy, inexpensive and tasty choice. This cookbook can help you learn how to prepare healthy foods to nourish your growing baby.



INTRODUCING SOLID FOODS



“Introducing your children to a mix of flavours and food types can expand their tastes. Starting from an early age with homemade baby food can help avoid picky eaters!”

— Laura, Sucker Creek First Nation —



Introducing Solid Foods

Starting your baby on solid foods is an exciting time for both parents and baby. Making sure your baby is ready is an important first step.

When should I start feeding my baby solid foods?

Breast milk, or breast milk substitutes like store-bought infant formula, is the only food babies need until they are 6 months old. If your baby starts eating solid foods before 6 months of age, they may not get the proper nutrition they need.

At 6 months of age, babies are ready to start eating solid foods. At this time your baby's body starts to need more iron-rich foods. Iron is good for your baby's health, growth and very important for their brain.

✓ Checklist

Is my child ready to try solid foods?

Your baby might be ready for solid foods if they:

- › are about 6 months old
- › are watching what others are eating
- › are reaching for your food
- › can sit up on their own, or with help from a chair
- › can hold their head up and turn it side to side without help
- › seem hungry, and are not full after breastfeeding or a bottle
- › no longer push their tongue out of their mouth over and over when offered solid foods



DID YOU KNOW? +

All breastfed infants should have a vitamin D supplement of 400 international units (IU) every day. Vitamin D is needed to prevent a painful disease called Rickets. Rickets causes bones to get so soft and weak that they can bend.

Foods to Try First

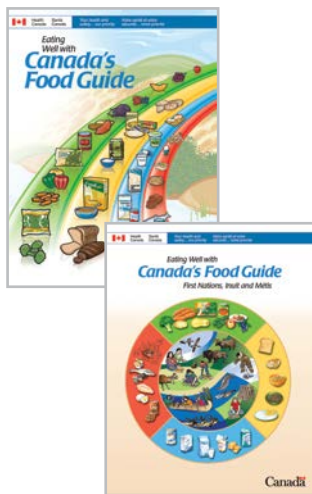
Start with one new food at a time, and wait 2 days before giving your baby another new food. This will help you identify food allergies (see page 17).

Iron-rich foods

Start by introducing your baby to iron-rich foods. Some examples of iron-rich foods are meat, meat alternatives (like eggs, beans and lentils) and iron-fortified infant cereals (like rice, oats, barley and wheat). Between 6 and 12 months of age, your baby needs iron-rich foods 2 or more times every day to help meet their nutrition needs because they are growing so fast. Iron-rich foods are found under the “Meat and Alternatives” category in *Eating Well with Canada’s Food Guide*.

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 6 months of age and older.



Canada’s Food Guide

While *Eating Well with Canada’s Food Guide* describes healthy eating for Canadians **2 years of age or older**, the 4 major food groups in the guide can help you plan meals that will give your baby all the nutrients they need, every day. These 4 food groups are: Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives.

*Look for the **Food Guide icons** on all the recipes in this book to help you plan healthy meals for your baby!*

The Four Major Food Groups

Vegetables and Fruit



Vegetables and Fruit are high in vitamins and help your baby grow. Choose a variety of vegetables and fruit of different colours to give your baby the mix of nutrients they need.

Try:

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

Frozen and canned vegetables and fruit are good options if you don't have fresh. If you choose canned vegetables, look for labels that say "No added salt", "Less salt" or "Reduced sodium". If you choose canned fruit look for labels that say "Packed in water" or "Packed in juice" with no added sugar. Canned fruit packed in syrup contains a lot of sugar.

All fruit juices, even unsweetened ones, are high in sugar, and juice can cause tooth decay. If you decide to give juice, use these guidelines:

- › Choose 100% unsweetened fruit juice (look for this wording on the front of the package)
- › Offer it in an open cup
- › Offer your baby up to ½ cup of juice a day
- › Dilute juice by mixing ½ water and ½ juice

DID YOU KNOW? +

Infants and children who start eating healthy foods at an early age are less likely to be picky eaters as they get older.

Grain Products



Grains give your baby energy. Choose grain products that are low in sugar, fat and salt, and choose whole-grain products whenever possible. Give your baby single-grain infant cereals (e.g. rice, oats, barley, etc.) before giving them mixed grain cereals to help identify any allergic reactions (see page 17).

Try:

- › Iron-fortified infant cereals
- › Low sugar breakfast cereals
- › Cooked pasta
- › Toast, cut into strips
- › Unsalted crackers

SHOPPING TIP

Look for the Nutrition Facts Table on the cereal package and choose cereals with little or no sugar. As you can see from the information highlighted in yellow on the two Nutrition Facts Tables below, 1 cup (30 g) of plain o-shaped cereal has a little sugar (1 g) and 1 cup (30 g) of fruit-flavoured o-shaped cereal has a lot of sugar (14 g).

Oat Loops



Nutrition Facts	
Per 1 cup (30 g)	
Amount	% Daily Value
Calories 118	
Fat 2 g	3%
Saturated 0 g	
+ Trans 0 g	2%
Cholesterol 0 mg	0%
Sodium 322 mg	13%
Carbohydrate 22 g	7%
Fibre 3 g	13%
Sugars 1 g	
Protein 4 g	
Vitamin A	0%
Vitamin C	0%
Calcium	5%
Iron	41%
Folate 36 µg	16%
Potassium 118 mg	3%

vs.

Nutrition Facts	
Per 1 cup (30 g)	
Amount	% Daily Value
Calories 120	
Fat 1 g	1%
Saturated 0 g	
+ Trans 0 g	0%
Cholesterol 0 mg	0%
Sodium 114 mg	5%
Carbohydrate 27 g	9%
Fibre 2 g	9%
Sugars 14 g	
Protein 1 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	35%
Folate 60 µg	27%
Potassium 26 mg	1%

Fruit-Flavoured Loops



Milk and Alternatives



Milk and Alternatives are good for your baby's teeth and bones. Between 6 and 9 months of age, you can give your baby foods that are made with cow's milk that have 2.5 % milk fat (MF) or higher. Look on the front of the food package to find the % MF.

Try:

- › Hard cheeses, grated or cut into bite-sized pieces
- › Yogurt (2.5% MF or higher)

Wait until your baby is 9–12 months of age to give them cow's milk to drink. Choose 3.25% homogenized (whole) cow's milk until they are 2 years old. This will give them the fat they need to grow. If you offer cow's milk between the ages of 9 months and 2 years, do not give them more than 3 cups (750 ml) per day. Too much milk can make babies too full to eat other foods they need to be healthy and grow.

NUTRITION TIP

Cheese can help your baby develop strong bones and teeth, but avoid cheese spreads and processed cheese slices. They can be high in salt and are not as healthy for your baby.

Meat and Alternatives



Meat and Alternatives provide protein, fat and many other important nutrients like iron.

Try:

- › Red meats (e.g. beef, elk, moose, deer)
- › Chicken or turkey
- › De-boned fish
- › Beans (e.g. kidney beans, lima beans, lentils)
- › Whole eggs

Processed meats, like bologna, bacon, and hot dogs are not healthy choices because they are high in fat and salt.

Table Foods

Try giving your baby some “table foods” from your family meals. Choose foods that can be easily prepared to the texture that is right for them (see page 12) and made without added sugar or salt. Including your baby in family meals lets them see and try new textures, colours, and tastes, and gives you a chance to show them healthy eating habits. Your baby will learn how to eat by watching how you eat!

“

It’s so convenient to use the same foods I make for my own breakfast, lunch, and supper.”

— Loretta, Tallcree First Nation

How Much Should I Feed My Baby?

Babies have small stomachs and big energy needs. This means they need to eat smaller meals more times in a day than you do.

Responsive feeding

It’s normal for babies to eat more on some days and less on others. Babies have ways to tell you when they are hungry and when they are full—these are called cues. Responding to your baby’s cues for hunger and fullness is called responsive feeding. Trusting your baby to decide how much they want to eat helps them learn healthy eating habits and enjoy mealtimes, and can help you avoid feeding them too much or too little.

Breastfeed your baby on cue and feed them solid foods before or after, depending on what works best for you. Slowly increase the amount of food and offer them different food choices. Try feeding your baby without distractions like TV and cellphones and let their cues for hunger and fullness guide you.

Baby is hungry if they are:

- › sucking on their fist
- › fussing or crying
- › smacking their lips
- › showing excitement when put in their high chair
- › reaching or leaning for food



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



Once your baby is used to eating different kinds of foods, let them decide how much they want to eat from the foods you have offered them. This chart can help you decide how many meals and snacks to offer your baby:

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

“ Your baby will let you know when they are ready! ”

— Joanne, Enoch Cree Nation

Food Textures

A food's *texture* is how smooth, lumpy, soft or hard it may be.



Pureed



Mashed/Ground



Chopped

Around 6–7 months

At this age, your baby is able to eat many soft textures such as pureed, mashed, chopped, ground or lumpy. They can also try some finger foods to help them learn to feed themselves.

Try:

- › Crackers
- › 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

DID YOU KNOW? +

It is important to introduce your baby to lumpy foods before 9 months of age. Waiting too long can make it harder for your baby to eat different textures and get enough nutrition from foods like vegetables and fruit.



Around 8–12 months

Between 8–12 months, babies start to chew more like adults. Try offering them more chopped foods and different kinds of finger foods. Try giving them a baby spoon or fork to let them practice feeding themselves.

12–18 months

At this age, babies will be able to chew just like adults! They can be given many foods from family meals, cut up so that they can feed themselves (see “Table Foods” on page 10). Allowing your baby to feed themselves builds their skills and independence at mealtimes.



DID YOU KNOW? +

“Sippy cups” with lids or built-in straws can harm baby’s teeth. When your baby is thirsty, offer them water in an open cup that is easy for them to hold—they are ready to practice their drinking skills!

Feeding Baby Safely

Foods that cause choking

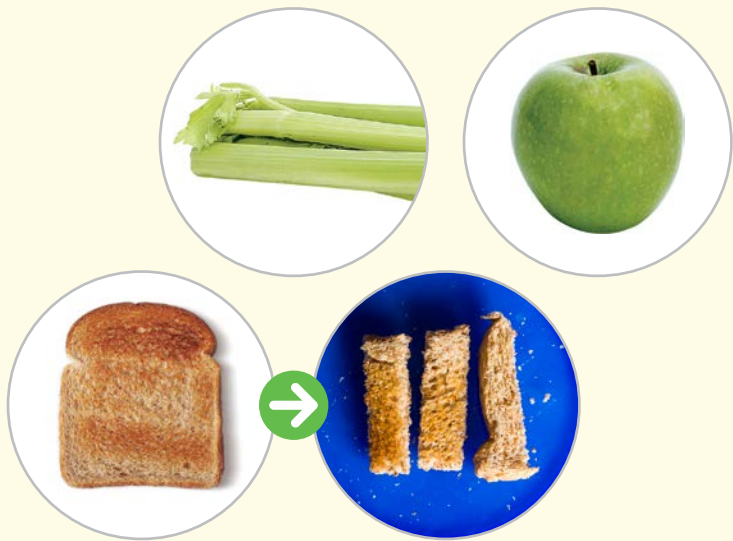
Although it is important to offer your baby different kinds of foods, some foods need to be prepared first in order to make them safe. Babies can choke on foods that are hard, small and round, or smooth and sticky.

Cut these foods into small pieces to make them safe. Always remove pits from stone fruit (e.g. cherries, apricots, etc.)



Peanut butter on its own or spread too thickly can cause choking. Use only a small amount of peanut butter, spread thinly on toast or crackers.

Grate or cut these foods to make them safe.

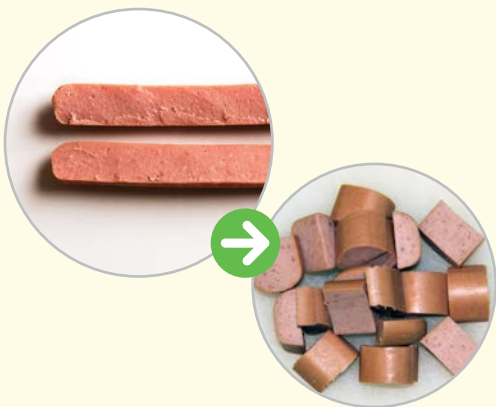


Do not offer these foods until your child is at least four years old.



DID YOU KNOW? +

Hot dogs are the most common food that children choke on. Hot dogs are not a healthy food choice but if you do offer them cut lengthwise, then dice.



Foods that can harm your baby

Honey: Honey can cause food poisoning in babies under 12 months old. Do not feed your baby honey or foods containing honey.



Some types of milk: Skim, 1%, 2%, soy milk, rice milk, almond milk and coconut milk do not have the right nutrition for your growing baby. Do not offer these before 2 years of age.



FOOD SAFETY TIP

Do not give unpasteurized milk, cheese or juice to babies or children under 5 years old. Children, pregnant women, older adults, and people with a weakened immune system should also avoid drinking raw or unpasteurized milk because they are more likely to get food poisoning.

Coffee, tea, coffee creamers, reduced-fat foods, and diet foods do not have enough nutrition for your growing baby.



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

Food allergies

Many parents worry about food allergies. Some of the first solid foods your baby will try are often linked with allergic reactions. To help identify food allergies early on, feed your baby one new food at a time and wait 2 days before trying another new food. That way, if your baby does have a reaction you'll have a better idea of which food might have caused it.

The most common foods that can cause an allergic reaction are:

- › Eggs
- › Milk*
- › Mustard
- › Peanuts and tree nuts
- › Seafood
- › Sesame seeds
- › Soy*
- › Sulphites
- › Wheat

* Do not give your baby cow's milk until they are over 9 months old, and do not give soy milk until they are over 2 years old. See pages 9 and 16 for more information.

You don't have to wait to introduce your baby to these common food allergens. Your baby can try these foods starting at 6 months of age. Avoiding these foods will not prevent food allergies.

If your baby shows any of the signs listed below after eating, seek emergency services right away.

- › Crying that does not stop with comforting
- › Difficulty breathing
- › Difficulty swallowing
- › Flushed, red face
- › Hives
- › Rash
- › Red, itchy skin
- › Runny poop
- › Stomach pains
- › Swelling of the eyes, face, lips, throat, or tongue
- › Throwing up right after eating

To learn more about food allergies, visit www.canada.ca/health and search for “food allergies and intolerances”. You can also contact your health centre, or call Alberta Health Services' Health Link (811) to speak with a nurse 24 hours a day, 7 days a week.

Foods to avoid

It's important to know there are some foods that do not have enough nutrition for your growing baby and can be harmful to their health.

High-salt foods:



NUTRITION TIP

Adding salt to your baby's food is not a healthy choice.

High-sugar foods:

Sugar can cause tooth decay and put your baby at risk for weight-related health problems when they get older.



MAKING AND STORING YOUR OWN BABY FOOD



“Making your own baby food has many advantages; you know exactly what you are feeding your baby, it’s more economical, and you also get the baby used to eating the same foods as the rest of the family.”

— Brandi, Beaver First Nation —



Making and Storing Your Own Baby Food

Homemade baby food has many benefits over store-bought baby food. It can:

- › be more nutritious
- › cost less
- › taste better
- › include more traditional foods
- › look better
- › 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.
- › Use soap and warm water and wash both your hands and your baby's hands for at least 20 seconds. Try singing your "ABC's" while you do it!
- › Dry hands with a clean towel.

Cleaning the kitchen

Wash all counters, tables, cooking and storage tools with hot water, soap and a clean cloth.

Separating foods

- › Keep raw meat, fish, birds 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.

Cooking

- › Make sure food is cooked to a safe temperature (see chart below) by using a food 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, ground meat, leftovers, casseroles, egg dishes and shellfish	165°F/74°C
Fresh beef, pork and wild game	160°F/71°C
Fish	158°F/70°C



Chilling

- › Refrigerate leftovers within 1 hour.
- › 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 foodborne illnesses.

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 a 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.
- › Always check the temperature of the food before you feed your baby. Food should be lukewarm, not hot.
- › Do not reheat leftovers more than once. Throw out any unused, reheated leftovers.

Food Preparation Tools

Here are some tools that may be used to 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. Sieve, Spoon, Fork, Potato masher, Blender, Baby food grinder: use these items to prepare food to the texture that is right for your baby (see page 12).

1



2



3



4



5. Food thermometer: use to make sure food is cooked or stored at a safe temperature (see page 22).
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

5



6



7

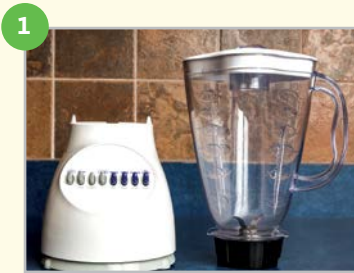


8



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 12)
4. Add breast milk or iron-fortified formula if more liquid is needed
5. Serve or store food within 1 hour



Start with a clean blender.



Add cooked fruit, meat or vegetables into the blender.



Turn blender on until you get the texture that is right for your baby (see page 12).



Add breast milk or formula if more liquid is needed.



Serve baby food.

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 1 hour



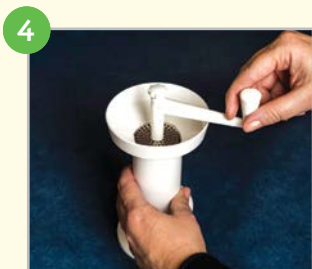
Clean food grinder.



Pull cup section up to fill with food.



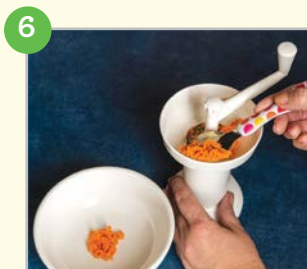
Place food into grinder.



Insert handle/cutter and rotate handle while pressing slowly downward.



Add breast milk or formula if more liquid is needed.



Serve baby food.

Storing Baby Food Safely

Store any unused, prepared food in the fridge or freezer within 1 hour 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 2–3 days unless your recipe recommends otherwise.



I like knowing the date my baby's food was actually made. ”

— Caroline, Woodland Cree First Nation

Feeding baby food that has been stored in the fridge:

- › Remove only the amount you are going to serve to your baby.
- › If needed, heat foods in the microwave or in a pot on the stove over low heat.
- › Transfer 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 drop in small portions onto a clean cookie sheet. 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 2 months in a fridge freezer or 6 months in a deep freezer. Check your recipe to see how long it will keep.

Feeding baby food that has been stored in the freezer:

- › Remove only the amount you are going to serve to your baby.
- › Thaw in fridge, microwave or in a sealed container under running water. Never thaw food on the counter.
- › If needed, heat foods in the microwave or in a pot over low heat.

FOOD SAFETY TIP 🍷

"When in doubt, throw it out!"

If you are not sure about how long a food has been in the fridge or freezer, do not use it. You cannot smell it, taste it or look at it to tell if it's gone bad.

Tools to store food

1. Freezer bags: used to store prepared baby food in the freezer.
2. Plastic wrap: used to cover food being stored in the fridge.
3. Resealable plastic containers: used to store food in the fridge *and* freezer-safe plastic containers: used to store frozen baby food in the freezer.

1



2



3



RECIPES



Recipes

Blue: Cree

Pink: Anishnabe (Salteaux or Ojibwe)

Purple: Blackfoot

Orange: Stoney

Green: Dene

All recipes in this book are suitable for babies 6 months and older. As your baby learns to eat solid foods, change the texture from pureed, mashed or chopped foods to small chunks or pieces by the time your child is 12 months. At 6 months of age you can also give your baby finger foods like small slices of toast, soft banana and o-shaped cereals.

Just like the rest of the family, your baby needs a variety of foods from all 4 food groups in *Eating Well with Canada's Food Guide* to help them stay healthy. Look for the Food Guide symbols on each recipe!

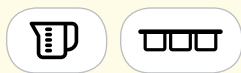
Each recipe will have one or more symbols.

These symbols show you which food groups are in the recipe:



Vegetables and Fruit, Grain Products,
Milk and Alternatives, Meat and Alternatives

These symbols will show you the total amount of food the recipe makes, including the number of ice cube portions. (1 ice cube = 2 tablespoons.)



“

Our grandparents and parents knew the importance of feeding us whole, natural foods.”

— Clainia, Gisele, Melvina, Deatrice, Joanne and Dorothy;
Canada Prenatal Nutrition Program workers in Alberta

BREAKFAST



It never occurred to me before to make my own baby food, but now I wouldn't even consider buying food from a jar!"

— Danielle, Tsuut'ina Nation —



Mashed Fresh Fruit

Iipikkaahki'pi maanitsiipokoinsimaan

Naatlise' jié



Makes 3 cups



24 ice cube servings



Food Group:

Vegetables and 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 mango. **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 needed to prevent scorching. Let cool.
4. Mash with a fork to the texture that is right for your baby (see page 12).

Microwave Directions: Place all ingredients in a microwave-safe glass bowl and heat in microwave 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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 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 or Pureed Canned Fruit

Bezhihohnong ezhitchigaeng baugushkizigaadeg meenewewnan kikwapkosing stegi

Niitaisoopipikkaahki'pi aakohsi'pistsi tsiipokoinsimaanistsi

Hutha yothnothnope youzhabe owabi

Jié chazie



Makes 2 cups



16 ice cube servings



Food Group:

Vegetables and Fruit



Ingredients


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

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 12).

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.

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

 **Keeps for 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.**

NUTRITION TIP

Choose canned fruit packed in water or juice. Fruit packed in syrup have a lot of sugar.

Pears, Apples and Plums

Bookedoonzhan, mesheeminuk huhgessaunuk

Omahkinaotohtoniksi, apasstaamiinaammiksi ki sikomahksiinistsi

Mahspaspahpshe thtooh chachayne, mahspaspahpshe, chapah tah gheechih



Makes 3 cups



24 ice cube servings



Food Group:

Vegetables and 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 12).

Microwave directions: Place all ingredients 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 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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.

Tropical Puree

Enji obiji gizhatek wenjizhiging meenewinan (Waagijiimen, kikwapkosing endinidegin mesheebugasauan, kikwapkosing endinidegin guye kikwapkosing endinidegin zhingwaaki mesheewin)

Ksiistoissksaahkoi soopipikkaahkiaakssin (iinani, aakohsayi immoyaapaastaamiinaammi, aakohsayi isstsimamsskaapooyi)

Mahkochih thtaha – kade hutha yothnothnope



Makes 3 cups



24 ice cube servings



Food Group:

Vegetables and Fruit



Ingredients

1 large can (796 ml) peaches, packed in water or juice

1 small can (540 ml) pineapple tidbits

1 banana

Directions

1. Drain the canned fruit.
2. Place all of the fruit in a blender.
3. Puree until smooth.

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.

NUTRITION TIP

Add iron-fortified infant cereal for extra nutrition.

Bananas and Prunes

Waaɟjiimen menwa kitchi gete puhgessaunk

Iinani ki ihkssiipistsi sikomahksiinistsi

Hutha scobih, chapah tah thahy yuhbe gheechih

Benána and prunes



Makes 2 cups

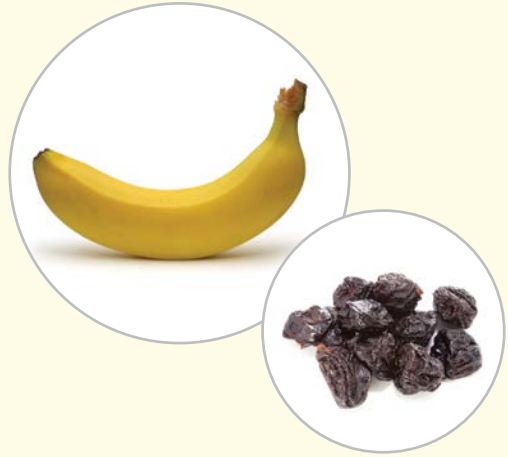


16 ice cube servings



Food Group:

Vegetables and Fruit



Ingredients

1 cup (250 ml) dried prunes, pitted

½ cup (125 ml) water

2 bananas

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 puree to the texture that is right for your baby (see page 12). 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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.

NUTRITION TIP

Never force your baby to eat. If he or she doesn't eat very much at one meal they will make up for it at another meal.

Saskatoon Berries and Apples

iyinimina ekwa picikwâsak sakwahikan • Saskatoonhminan Guye Mesheeminuk
Okonokistsi ki apasstaamiinaammiksi • Wahbahthohka mahspaspahpshe gheechin
Kijié-âbel and apple



Makes 2 cups



16 ice cube servings



Food Group:
Vegetables and Fruit



Ingredients

3 cups (750 ml) apples, washed, peeled and cut into chunks

1 cup (250 ml) saskatoon berries, washed

½ cup (125 ml) water


This recipe also works with canned pears instead of apples (they do not need to be cooked), and raspberries, blueberries, blackberries, or strawberries instead of saskatoons.

Directions

1. Place 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 12).

Microwave directions: Place all ingredients in a microwave-safe glass bowl and heat in microwave on high until the fruit is 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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.**

NUTRITION TIP

Use only a small amount of water to cook vegetables or fruit. This helps keep the nutrients inside the food instead of going into the water.

Rhubarb Pears

Hutha scobih, chapah tah thahy yuhbe gheechih



Makes 2 cups



16 ice cube servings



Food Group:

Vegetables and Fruit



Ingredients

1 large can (796 ml) pears, packed in water or juice

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.
3. Simmer until the fruit is soft, adding more water if needed to prevent scorching. Let cool.
4. Drain the pears then add them to the cooled rhubarb.
5. Prepare to the texture that is right for your baby (see page 12).

Microwave directions: Place rhubarb and water in a microwave-safe glass bowl and heat in microwave on high, stirring occasionally until the fruit is soft. Continue with Step 4.

For fresh pears: Wash, peel, and cut 3 cups (750 ml) fresh pears into chunks. Simmer in pot or heat in microwave together with water and rhubarb as directed.

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.

Fruity Cereal

Maanitsiipokoinsimaan otsikihtaan



Makes ½ cup



Food Groups:
Vegetables and Fruit,
Grain Products



Ingredients

¼ cup (50 ml) iron-fortified infant rice cereal


¼ cup (50 ml) heated breast milk or formula

¼ cup (50 ml) Tropical Puree (see recipe on page 34) or other mashed or pureed 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 cool to lukewarm. Continue with Step 3.
3. Add the fruit puree and mix well. Food should be lukewarm, not hot.
4. Serve immediately.

 **Keeps in the fridge for 1–2 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

Aopokstist'piihtaisttsikaahkimaop iinaokaahsonikii



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



Food Groups:

Vegetables and Fruit,
Milk and Alternatives,
Meat and Alternatives

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 1–2 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 17 for more information about food allergies. If your baby shows any of the signs listed on page 17 after eating, seek medical help through your health centre, nursing station, or emergency services right away.

Baby Pancakes

oshki-obinodji gwekissodjiganak (guye nokazaang e beeweyabiko mishkikeewkadek
oshki-binodji shumawsohwin)

Poksistohkikhkiitaanistsi • Hahkin yahwahbe memahmun toothkeethkin
Thesleghaze

Makes 6 little pancakes



Food Groups:

Vegetables and Fruit, Grain Products



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 puree 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 puree.

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 3 days or frozen in the fridge freezer for up to 2 months.

NUTRITION TIP

Whole wheat flour is a healthier choice than white flour. Substitute whole wheat flour for white flour whenever possible.

Scrambled Eggs

Owaa a'sokohpattsiip

Egheze tatoora



Food Group:
Meat and Alternatives



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 6 months of age.

Power Yogurt

Batek wetkussing/maage tootooshaabo zeegazwinigadek Woshme weebezigowung
(guye meenewin meenwa e beeweyabiko mishkikeewkadek oshki-binodje shumausohwin)

Isskonat okahsonnikis/ikksipoohko's onnikis (iihpoh'to'p tsiipoko'i nsimaani ki isskonatstoohpi
pookao'wahsini)

Athume uzhuba hutha gheechih

Ejeretlh'uenittheli



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



Food Groups:

Vegetables and Fruit,
Grain Products,
Milk and Alternatives



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 12)

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 1–2 days. Serve leftovers cold.**

NUTRITION TIP

Flavored yogurt often has sugar. Choose plain yogurt with more than 2.5% MF to help build your baby's bones and teeth.

LUNCH



“When I make my own baby food, I know the ingredients I use are always fresh. Fresh ingredients make the colours and flavours more vibrant.”

— Megan, Enoch Cree Nation —



Mashed Vegetables

pissatsi'nsinaan iipikkaahki'p
Nuhneshiaze naatlise'



Makes 2 cups



16 ice cube servings



Food Group:
Vegetables and 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 fruit is 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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 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

awâs-pimîhkân (wiyas ekwa iyinimîna)

Abinoojuhnsih pemmican (mshkode-bzhikiw weass ebatetchigaadek wiibootaagadaaming weass Saskatoon minan)

Pookayookimaan (i'ksisako ki okonoki)

Tanoh yothnothnope

Baby etsiz



Makes 1½ cups



12 ice cube servings



Food Groups:

Vegetables and Fruit,
Meat and Alternatives

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) saskatoons 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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 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 Puree

osâwipak, picikwâs ekwa mahtâmina sikwahikan

Aagwissiman, mesheemin guye mandaamin ebaugushkizut

Iisooipipikkaahkiayi omahkaotahkoî'nsimaani,
apaastaamiinaammi ki aohpiikiinaattsi



Makes 2 cups



16 ice cube servings



Food Group:

Vegetables and 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. Puree in a blender to the texture that is right for your baby (see page 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.

SHOPPING TIP

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

Three Sisters Puree

nisto omisimâwak (mahtâmin, iyiniwacis, iyin-osâwipak)

Niswi nindawemaag (mandamin, miskodeesminok ezhashkozikijik guye aagwissiman)

Niokskaohpapiimmotsiiksi (aohpiikiinaattsi, otsskaotooksiinaattsi ki otsskao'ksowatayi)



Makes 2 cups



16 ice cube servings



Food Group:
Vegetables and 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. Puree in a blender to the consistency that is right for your baby (see page 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.**

SHOPPING TIP

Vegetables and fruit often cost less when they are in season.

Beans and Vegetables

miskodeesminok guye gitigaanan

Aotooksiiinaatsi ki pisatsi'nsimaanistsi

Jiedelgai cho nuhneshiaze thetata



Makes 2 cups



16 ice cube servings



Food Groups:

Vegetables and Fruit,
Meat and Alternatives



Ingredients

½ cup (125 ml) canned baked beans

2 cups (500 ml) frozen vegetables

½ (125 ml) cup 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 12). Add breast milk or iron-fortified formula as needed.

Microwave Directions: Place beans in a microwave-safe glass bowl and heat on high for 2 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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.

Potato, Carrot, Turnip

Submitted by *Saddle Lake Health Centre*

Sikwahikan (askipwâwa, oskâtâsk, otasihkân)

Pin, Jeesehns, Jeese

Maataaki, niistsikapa'si, ma'si

Oozhayhayanhbe, makosquen, thahkahyoudabe

 **Makes 3 cups**

 **24 ice cube servings**



Food Group:
Vegetables and 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
Water

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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.**

NUTRITION TIP

A baby's taste buds are very sensitive. It is not necessary to add salt or other seasonings to your baby's food.

Baked Bannock

Nita'pihkiitaan

Lesteth thateth

Makes one 8x8 pan (32 pieces)



Food Group:
Grain Products



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 an indentation in the center 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.
- 🕒 **Keep wrapped in plastic for 2 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.

Lentils and Rice

Baatek uhnejeeminun guye waubikminoomin

Pokaotooksiinaatsi ki aisskssiinainikimm

Wozhorhhahun chachayne, nuhpehbin gheechih



Makes 2 cups



16 ice cube servings



Food Groups:

Grain Products,

Meat and Alternatives

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. Puree or mash to the texture that is right for your baby (see page 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.

SHOPPING TIP

Lentils are similar to dried peas and beans, and can be found in the centre of most grocery stores near the soup, pasta or canned beans. They can either be dried (which requires cooking) or canned (which only requires 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

Jeesehs mnijiimin kepesewun, guye baushkiminsigassojik pineek pinaaboo

Iisooipikkaahkiayi/koopisi niistsikapa'si, oohkominokoyi ki maataaki

Makosqen, wozhorrhahuhrn, oozhayhayahbe yothnothnope/wahuhrmih



Makes 2 cups



16 ice cube servings



Food Groups:

Vegetables and Fruit,
Meat and Alternatives



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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 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 or puree to make a great food for your baby.

Basic Fish Recipe

Mamii ki aohkii



Makes 1 cup



8 ice cube servings



Food Group:

Meat and Alternatives



Ingredients

2 cups (500 ml) fresh or frozen fish, deboned and chopped

½ cup (125 ml) water

Directions

If using frozen fish thaw it first. See page 22 for information on thawing meats safely.

1. Remove all skin and bones from fish. Bones can get caught in baby's throat and cause them to choke.
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 12).
Check again to ensure there are no bones.

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 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 may contain mercury which can be harmful to your health. For more information about mercury in fish, visit www.canada.ca/health and search for “mercury in fish consumption advice”, or call Health Canada at **1-866-225-0709**. To check fish consumption advisories for your area, call Alberta Health at **780-427-4518**.

Broccoli, Cheese and Tuna

Paokani, iitsskonniki ki toona



Makes 2 cups

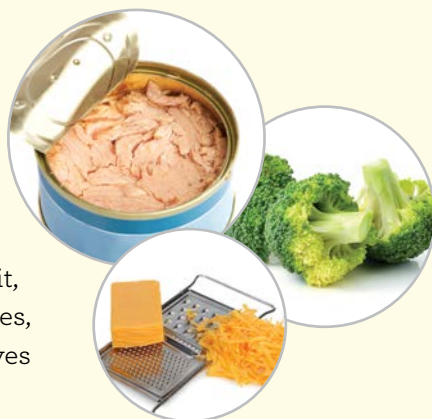


16 ice cube servings



Food Groups:

Vegetables and Fruit,
Milk and Alternatives,
Meat and Alternatives



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. Puree or mash to the texture that is right for your baby (see page 12).
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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 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 ¼ of a can per week.

Macaroni and Cheese with Peas

Michiwe zhitchigun Macaroni guye tootooshaabo meejim ge nijeeminan

Niita'pa'pistotakssin aissinni'pi ki iitsskonnikisi ihpihtsiwa oohkominokoistsi



Makes 1½ cups



12 ice cube servings



Food Groups:

Vegetables and Fruit,
Grain Products,
Milk and Alternatives



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 12).

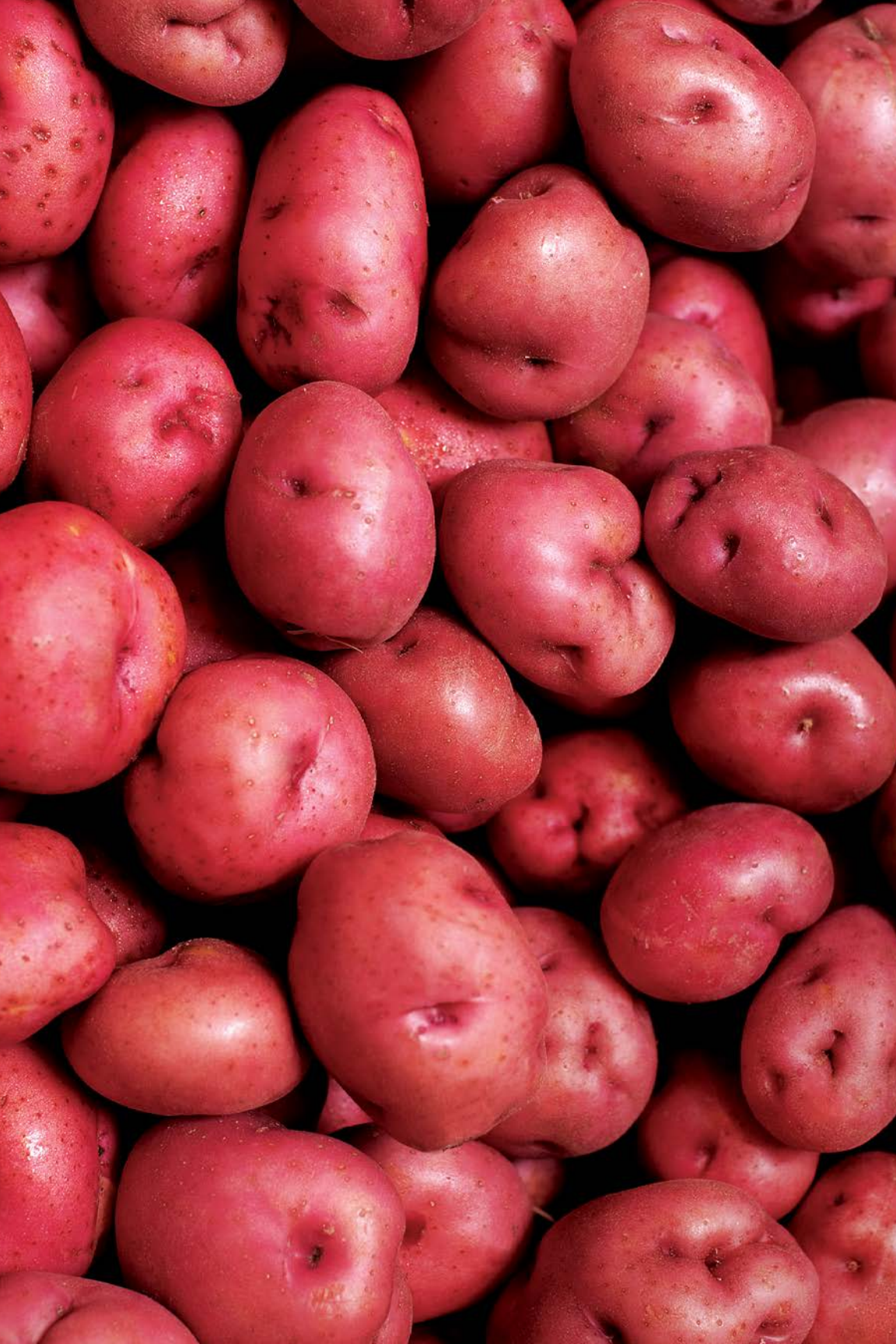
 **Keeps for 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.**

SUPPER



“I enjoy making my own baby food; I get to know exactly what I am feeding my baby. Our favourite foods are peas and sweet potatoes!”

— Bertha, Athabasca Chipewyan First Nation —



Pureed Meats

Bezhihohnong ezhichigaeng baugushkizuming weassan weenokdek (aadik, wapadee, bizikiw, misise, baakakwehn, gookoosh)

Niitaisoopipikkaahki'pi maatohpoyo'ksisakoistsi (a'sinnoka, ponoka, aapotskina, onistahso'ksisako, omahksipi'kssii, ni'tawaakii, aiksini)

Tanoh yothnothnope spahyahbe owabi (thinih thabatah, pacidin, keyshka, nodih chohrchohrn, theechatah, wohkthtohn)



Makes 1 cup



8 ice cube servings



Food Group:
Meat and Alternatives

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 to the texture that is right for your baby (see page 12). 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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 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

Broccoli guye jeesehnsan

Paokani ki niistsikapa'si

Chachahchayne, maskosquen gheechih



Makes 2 cups



16 ice cube servings



Food Group:
Vegetables and 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 12). 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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.**

NUTRITION TIP

Add a scrambled egg or grated cheese for extra nutrition.

Sweet Potato and Turnip

Weeshkobi-pin guye jees

Matsiipokaataaki ki ma'si

Oozhayahaybe thqueen thahkahyoudabe gheechih



Makes 3 cups



24 ice cube servings



Food Group:

Vegetables and 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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.

TIP

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

Wild Rice and Dandelion Greens

manômina ekwa miyoskamiwâkos

Ebohjiging waubihminoomin meenwa ezawabigoneeg neebeeshan

Sikaisskssiinainikimm ki naato'sipisatsaisski

Nuhpehbin, wahpin



Makes 2 cups



16 ice cube servings



Food Groups:

Vegetables and Fruit,
Grain Products



Ingredients

¼ cup (50 ml) uncooked wild 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. Puree, mash or cut to the texture that is right for your baby (see page 12).

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.

Wild Rice and Squash

Ebohjiging waubihminoomin guye ebaugushkizigaadek aagwissiman

Sikaisskssiinainikimm ki otsskao'ksowatayi soopipikkaahkiaakssini

Nuhpehbin, mahcuthken tah chahchayne gheechih



Makes 2 cups



16 ice cube servings



Food Groups:

Vegetables and Fruit,
Grain Products



Ingredients

½ cup (125 ml) dry wild 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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 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

Baakakwehn, waiibihminoomin, weeshkobii pin

Ni'tawaakii, aisskssiinainikimmi ki matsiipokaataaki

Theechatah nuhphebin, oozhayhayahbe thqueen gheechih

K'as bathen ennaazié cho' and sweet potato



Makes 2 cups



16 ice cube servings



Food Groups:

Vegetables and Fruit,
Grain Products,
Meat and Alternatives



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)

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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 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

Mamii ihpihtsiwa otsskaotooksiinaattsi

Horah, woyayahkehbe gheechih

Leuia' and green beans



Makes 1 cup



8 ice cube servings



Food Groups:

Vegetables and Fruit,
Meat and Alternatives



Ingredients

1 cup (250 ml) fresh or frozen fish, de-boned 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 22 for information on thawing meats safely.

1. Remove all bones from the fish. Bones can get caught in baby's throat and cause them to choke.
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 12). Check again to ensure there are no 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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.

Duck, Apple and Potato

Zhiishiib, misheeminuk, guye pineek

Sa'ai, apasstaamiinaammi ki maataaki

Pornah, mahshpahpshe, oozhayayahbe gheechih

Chedh, apple and potato



Makes 2 cup



16 ice cube servings



Food Groups:

Vegetables and Fruit,

Meat and Alternatives

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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.**



Elk, Potato and Vegetables

wâwâskesiw ekwa askipwâwa asici pîsi-kiscikânisa

Edik Guye Pineek Meewah Getigadegin

Ponoka ki maataaki ihpihisiwa pisatsi'nsimaanistsi

Pacidin, oozhayhayahbe thqueen, mahkochih youmoetahbe woyakehbe woyah gheechih

Etheni and potatoes with vegetables



Makes 2 cups



16 ice cube servings



Food Groups:

Vegetables and Fruit,
Meat and Alternatives

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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.



Creamy Fish with Spinach

Geegohn emuguning endinizot meenwah neebeeshun, spinach ezhinikaadekin

Akahssonnikiomii ihpihtsiwa ihtawapoottsiinayo'pi

Horah yothnothnope, mahrahsheha wahpihtahtah gheechih



Makes 1 cup



8 ice cube servings



Food Groups:

Vegetables and Fruit,
Milk and Alternatives,
Meat and Alternatives



Ingredients

1 cup (250 ml) fresh or frozen fish, chopped and bones removed

½ cup (125 ml) canned 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

If using frozen fish thaw it first. See page 22 for information on thawing meats safely.

1. Remove all bones from the fish. They can get caught in baby's throat and cause choking.
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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.**

Cranberry Rabbit and Rice

maskekomina, wâpos asisci maskosîmina

Wabos mishkeegming endinazut meenwa ezawak waubimonomin

Omahksi'ksinittsiim aaatsistaa ihpihtsiwa sikotahkaissksiinainikimmi

Nalter, gah, ennazié



Makes 2 cups



16 ice cube servings



Food Groups:

Vegetables and Fruit,
Grain Products,
Meat and Alternatives



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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 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

Oginii-openjigan meenwa neebinah meshkawakoding getigadegin

Kiniokspanisttsissin ihpihtsiwa iikokotoihtsayi pisatsi'nsimaani

Ahzhoktahtun chobahbe eyahdathay woyakehbe odah gheechih



Makes 3 cups



24 ice cube servings



Food Group:

Vegetables and 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. Puree or mash to the texture that is right for your baby (see page 12).
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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.**



Pureed



Mashed



Stirred

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 “Pureed meats” on page 55.

Pasta and Tomato Sauce with Cheese

Pasta guye oginii openjigan meenwa toodooshahbowe-meejim

Aissinnii'pi ki kiniookspanisttsissin ihpihtsiwa iitsskonnikisi



Makes 1½ cups



Food Groups:

Vegetables and Fruit,
Grain Products,
Milk and Alternatives



Little pasta shapes are a great way for your baby to practice eating with their fingers!

Ingredients

½ cup (125 ml) dry pasta

½ cup (125 ml) thawed tomato sauce (about 4 ice cube servings)
(see recipe on page 66)

¼ cup (50 ml) grated cheese

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. Puree or cut food with a fork or knife to the texture that is right for your baby (see page 12).
4. Serve when slightly cooled.

 **Can be stored in the fridge for 2–3 days.**

NUTRITION TIP

Cheese spreads and processed cheese slices can be high in fat and salt. Try cottage cheese or grated cheddar or mozzarella cheese.

Pasta and Meat Sauce with Cheese

Aissinnii'pi ki Iiksisakoi ihpihtsiwa itsskonniki



Makes 1½ cups



Food Groups:

Vegetables and Fruit,

Grain Products,

Milk and Alternatives,

Meat and Alternatives



Ingredients

½ cup (125 ml) dry pasta

¼ cup (50 ml / approx. 2 ice cube servings) thawed All-Purpose Tomato Sauce (see recipe page 66)

¼ cup (50 ml / approx. 2 ice cube servings) thawed Pureed Meats (see recipe page 55)

¼ cup (50 ml) grated cheese

This recipe also works with 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 the sauce and the meat to the pasta. Cook over medium heat until very hot.
3. Add grated cheese and cook until cheese is melted.
4. Prepare to the texture that is right for your baby (see page 12).
5. Serve when slightly cooled.



Keeps for 2–3 days in the fridge.

Beef Hash with Vegetables

Pikkiaakio'ksisako ki pissatsiinsimaan



Makes 3 cups



24 ice cube servings



Food Groups:

Vegetables and Fruit,
Meat and Alternatives



Ingredients

½ lb. (250 g) ground beef (or any kind of ground meat)

1 cup (250 ml) frozen mixed vegetables

¼ cup (50 ml) canned tomato paste

1 egg

¼ tsp. (1 ml) onion powder

1 tsp. vegetable oil

¼ cup (50 ml) water

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 puree with a blender 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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.

Chicken, Rice, and Broccoli with Cheese

Ni'tawaakii, aisskssiinainikimm ki paokani ihpihtsiwa iitsskonniki



Makes 2 cups



16 ice cube servings



Food Groups:

Vegetables and Fruit,

Grain Products,

Milk and Alternatives,

Meat and Alternatives



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 12).

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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.**

SNACKS



"I make my own baby food because I know exactly what my baby is eating, and it saves on costs."

— Cornelia, Tallcree First Nation —



Baby Trail Mix

Abinoojiihn dgonogadeg meekanong shumoussowin

I'naksipoka'paisttotsowahsini

Mamun chahngoh wahnupchih



Makes 1 cup



Food Group:
Grain Products



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.**



Want to offer your baby grapes as a snack? Cut them up to avoid choking. See page 14 for more tips on making foods safe for your baby.

Blue Peaches

Zhawshko bookedoonzhan (meenán guye bookedoonzhan)

Otsskoimmoyapasstaamiinaammiksi (okonoki ki immoyapasstaamiinaammi)

Tsalchogh and peaches



Makes 2 cups

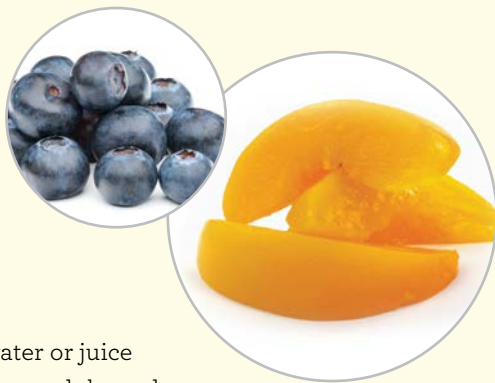


16 ice cube servings



Food Group:

Vegetables and Fruit



Ingredients

1 large can (796 ml) peaches, packed in water or juice


2 cups (500 ml) fresh and washed, or frozen and thawed
wild blueberries or saskatoons

This recipe also works with canned pears.

Directions

1. Drain the peaches.
2. Put peaches and berries in a blender and puree together or mash with a fork together in a bowl 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 2–3 days in the fridge, 2 months in the fridge freezer, or 6 months in the deep freezer.**

Baby Teething Biscuit

Iihtaohpiikiikhko'p ikkskapayin

Baby lesteh yazie'

Makes 15 cookies



Food Groups:

Vegetables and Fruit,
Grain Products



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.

🕒 **Store in an airtight container for up to 3 days or freeze for up to 2 months in the fridge freezer, or 6 months in the deep freezer.**

FOOD SAFETY TIP 🌀

Always watch baby for signs of choking. Once baby is moving don't let them crawl or run around with food!

Baby Muffins

Issitsiimaihkiitan

Makes 6 regular or 18 mini muffins



Food Groups:

Vegetables and Fruit,
Grain Products,
Milk and Alternatives




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 applesauce or any fruit puree
- 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, applesauce, 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.

 **Once the muffins are cool, you can store them for up to 3 days in an airtight container or freeze for up to two months.**

FOOD SAFETY TIP

See page 14 for tips on making foods safe for your baby.

PROGRESS NOTES



**“It’s exciting to learn that babies can
eat such a variety of foods!”**

— Gabrielle, Alexander First Nation —



Progress Notes

6–7 months



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, 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.). 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.

Progress Notes

8–12 months



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, baby will be very interested in feeding themselves. 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 14 for other choking hazards). Continue to offer water from an open cup.

Progress Notes

12–18 months



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 2 years or longer. If you switch your baby to cow's milk you can offer up to 3 cups of 3.25% homogenized cow's milk per day.

My Recipe

Recipe name: _____

of servings: _____

Ingredients: _____

Directions: _____

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