

How to make...

Homemade Baby Food



Thinking of making your baby food from scratch? We've got some handy hints and tips to help!

BENEFITS OF MAKING IT AT HOME



Cheaper



Healthy



Quick & Easy



Freeze in batches

WHAT YOU'LL NEED



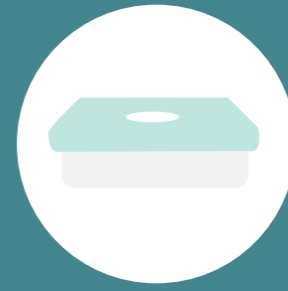
Saucepan, steamer or baking tray



Blender or food processor



Healthy ingredients



Dial™ Baby Food Storage

FOOD FOR EVERY STAGE

FOOD TYPE	4 - 6 MONTHS	6-9 MONTHS	9-12 MONTHS	12+ MONTHS
CEREALS & GRAINS	Barley, oatmeal, brown/ white rice	Can add: Quinoa, pasta, wheat	Can Add: Buckwheat, flax	All mentioned
FRUIT	Apples, bananas, pears, nectarines, avocados	Can add: Blueberry, grapes, melon, kiwi, papaya, apricot, prunes, pumpkin	Can add: Cherries, pineapple, cranberries, coconut, mango, figs	Can add: Berry fruits, citrus fruits
VEGETABLES	Carrots, green beans, sweet potato, squash	Can add: Peas, onion, beans, broccoli, courgette, cauliflower, peppers, asparagus, parsnips	Can add: Tomatoes, spinach, aubergine, kale, leeks, turnips	Can add: Sweetcorn, lentils
MEAT & DAIRY	None	Yoghurt, chicken, salmon, white fish, beef, pork, lamb, turkey, eggs, cheese	As 6-9 months	Can add: Cow's milk

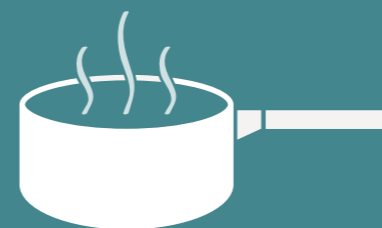
PREPARING FRUIT & VEGETABLES



Wash it



Remove seeds / pips



Bake, boil or steam until soft



Avoid adding any salt or sugar

PREPARING MEAT & POULTRY



Remove skin / fat



Cook



Puree



Store

Use Dial™ Baby food containers to date and store your baby food in the freezer