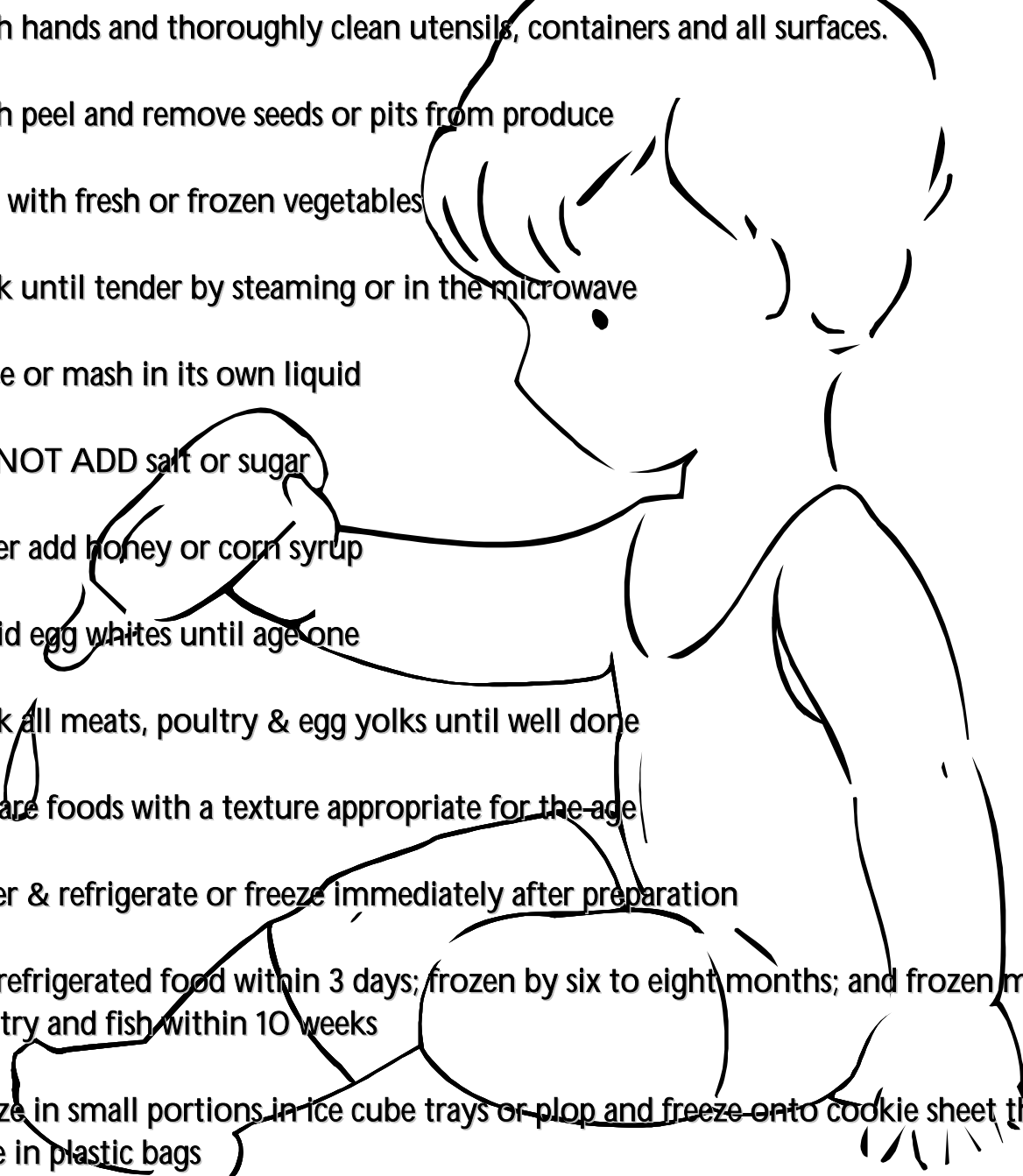


# Baby Food - Make it yourself?

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- Wash hands and thoroughly clean utensils, containers and all surfaces.
  - Wash peel and remove seeds or pits from produce
  - Start with fresh or frozen vegetables
  - Cook until tender by steaming or in the microwave
  - Puree or mash in its own liquid
  - DO NOT ADD salt or sugar
  - Never add honey or corn syrup
  - Avoid egg whites until age one
  - Cook all meats, poultry & egg yolks until well done
  - Prepare foods with a texture appropriate for the age
  - Cover & refrigerate or freeze immediately after preparation
  - Use refrigerated food within 3 days; frozen by six to eight months; and frozen meat, poultry and fish within 10 weeks
  - Freeze in small portions in ice cube trays or plop and freeze onto cookie sheet then store in plastic bags
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- Label and date homemade baby food
  - Avoid feeding from the baby food jar or home storage container