



Baby Your Baby with Homemade Food

Want to try making homemade food for your baby? It's not hard!

Advantages of making it yourself:

1. You control exactly what goes into your baby.
2. Use fruits and vegetables that your family is already eating, reducing waste.
3. It can be a real money saver!

Ways to prepare baby food:

1. Steaming
2. Boiling
3. Baking or roasting
4. Microwave
5. Pressure cooking
6. Grilling
7. Sautéing

Preparation: When making food for Baby it is especially important to follow food prep safety. Wash your hands, clean the produce, clean your work area, and cook foods to recommended temperatures.

Texture: As your baby first starts solid food, you will need to prepare the purées with a thinner texture. As they advance and show readiness signs, you can begin making a thicker texture of baby food for them to enjoy.

Storage: Refrigerate your homemade baby food within 2 hours. It can be stored in the refrigerator for up to 72 hours or in the freezer for up to three months. To freeze, use ice cube trays spooning the mixture into separate cubes. You can thaw the baby food when ready by simply moving a cube or the desired amount to the refrigerator where it can stay for up to 48 hours. You can also submerge by placing the cube in a separate container and then putting the container in warm water for about 10 – 20 minutes or microwave on 50% power for 15 second increments. It is suggested not to reheat the food more than once.

Fruits: Soft fruits require no cooking. Mash and serve. Harder fruits such as apples and pears need to cook before puréeing.

Vegetables: Cook by desired method. Steaming or baking works best. Drain and mash. Then purée.

Grains: Grind the uncooked grain into powder form using a food processor. Then cook for about 15 minutes in water until it reaches a soupy consistency.

Meats: Cook the meat until well done. Use your blender or food processor and purée.



Apple, Spinach, Kiwi Purée

4 cups apple, 1 cup baby spinach, 1/4 cup kiwi

Peel and slice apple. Place into medium sauce pan with enough water to cover. Bring to a boil and cook for 10 minutes. Wash and thinly slice spinach. Add spinach into sauce pan with apples and cook for 30 more seconds until spinach is soft. Drain. Peel kiwi and chop into chunks. Place apples, spinach and kiwi into food processor and blend until smooth.

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Blueberry, Banana, Avocado Purée

1/2 cup blueberries, 1/4 cup avocado, 1 banana, 1/4 cup yogurt

Wash blueberries. Remove peel from avocado and cut into chunks. Remove banana from peel and slice. Blend blueberries, avocado, and banana until smooth. About 2 to 3 minutes on medium. Scraping sides every 30 seconds to help purée blueberry peel. Add yogurt and blend for an additional 30 seconds. Chill until served.

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Serving Vegetables: Raw vs. Cooked

How we prepare our food can make a big nutritional impact. We often think eating food raw is best, but that may not always be the case. It is true that when we cook veggies we can lose some nutrients, but others become available in their place.

Cooked

Cooking vegetables helps your body absorb antioxidants like lutein for eyesight and lycopene for your heart. It can also release more calcium!



By cooking, it makes it easier for the body to process the lycopene.



Steaming decreases oxalic acid allowing more absorption of calcium and iron.



The natural chemical carotenoids, which helps eyesight, is better absorbed by the body when this vegetable is cooked.



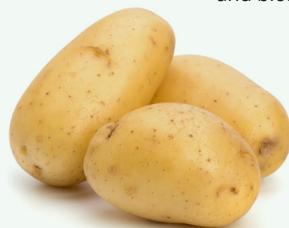
Cooking can actually raise the antioxidants.



Increase the antioxidant activity by cooking.



Cooking cuts the resistant starch which decreases gas and bloating.



Raw

Raw vegetables are packed with fiber, vitamins and antioxidants.

Cooking breaks down Vitamin C.



Cooking decreases cardiovascular benefits.

Raw onion has antiplatelet agents protecting against heart disease.



Both

Cruciferous vegetables, like broccoli, kale and cauliflower, eaten raw can be hard to digest.



Lightly steaming will soften the vegetables for easier digestion, while not losing nutrients.



Cooking Methods

- Stir frying and saut  ing vegetables can help preserve more vitamins and nutrients vs. boiling.
- Avoid overcooking. Try steaming vegetables instead of boiling and in both cases, use as little water as possible, cooking until tender.
- Add a splash of lemon, lime, orange, or grapefruit juice while cooking vegetables full of iron. The Vitamin C makes it easier for the body to absorb the nutrients.

Paper Art: 3D Apples

Children love to make 3D art projects. The first step is learning the correct way to fold and glue.

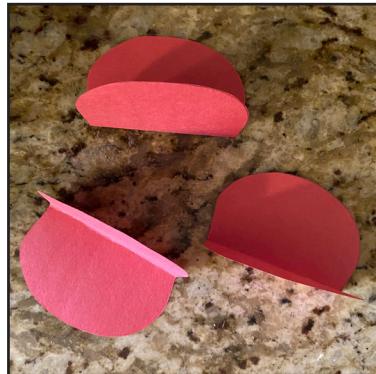
Materials:

- Red or green construction paper
- Scissors
- Glue Stick
- Green or brown pipe cleaners

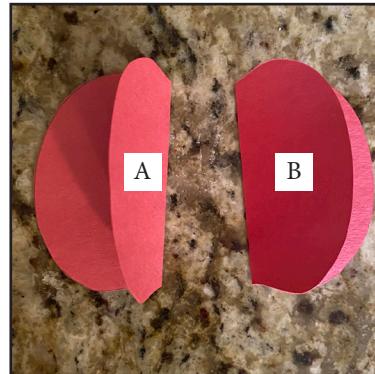
Directions:



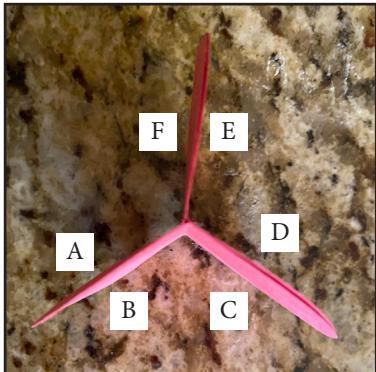
1. Using the template to the right, cut out three apple shapes.



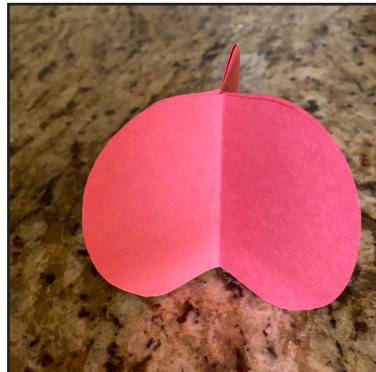
2. Fold each apple shape in half.



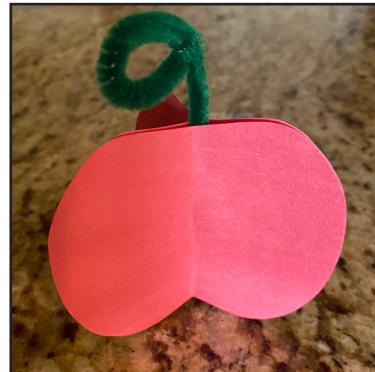
3. Glue side A to side B.



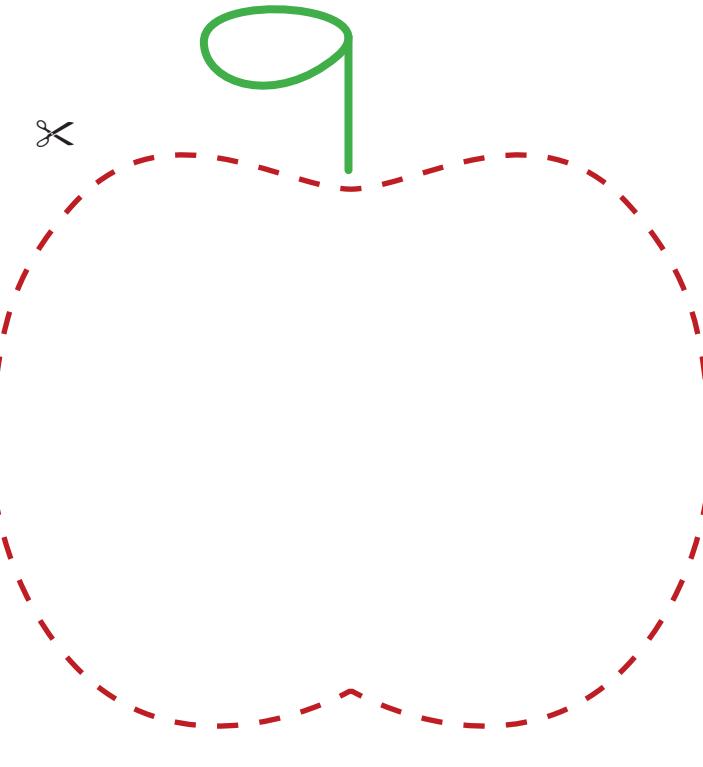
4. Then glue C to D and then E to F.



5. Glue the last two sides together to get your 3D apple.



6. Make a stem from a piece of pipe cleaner and insert in the middle.



Other Fun 3D Paper Art

- Glue last two sides to a piece of construction paper to create pop art.
- Use other shapes like hearts, hot air balloons, pumpkins, or different size circles to make a snowman.



Healthy Birthday Choices

Birthdays are to be celebrated. That doesn't mean you need to eat cake and ice cream. Here are some healthy alternatives that will make every child feel just as special on their big day!

Rainbow Pancakes

You will need: CACFP pancake mix*, food coloring, 1/4 cup of Greek vanilla yogurt

Directions: Make pancake batter accordingly. Divide mix into 4-6 separate batches. Add a couple drops of food coloring into each batch to make a rainbow of colors. Lightly coat pan with cooking spray and heat on medium. Pour batter onto pan (about 2 tbsp for each pancake). Cook until bubbles burst, flip and cook for another 2 minutes. Serve with a spoonful of Greek yogurt on top.



Fruity Banana Split

You will need: 3 bananas, 1-1/2 cups of low-fat vanilla yogurt, 2 cups of cubed fruit and berries of choice (strawberries, blueberries, pineapple, mango and/or blackberries)

Directions: Cut the bananas in half lengthwise and then again, you should have four total slices from each banana. Add a 1/4 cup of yogurt to each bowl, then add a banana slice to either side and top with fruit mixture.



Frozen Berry Pops

You will need: 2 cups berries of choice (strawberries, blueberries, and/or blackberries), 2 tbsp of honey or agave, 2 cups of Greek vanilla yogurt

Directions: Blend the berries in a food processor or blender on high speed until nearly liquefied into a smoothie-like consistency. Pour the thick berry liquid into a large bowl. Stir in the honey. Add the yogurt and very gently mix everything together. Pour mixture evenly into each popsicle mold. Freeze for an 4-6 hours; for best results freeze overnight.



Banana Muffins

You will need: 2 cups oats, 3 bananas, 2 eggs, 3/4 cup pitted whole dates, 1 tsp baking soda

Directions: Preheat oven to 350 degrees. Grease a muffin tin. Mix all ingredients in a blender or food processor until smooth. Pour batter into muffin tin. Bake for 15-20 minutes.





MUFFIN TIN RECIPES

for the CACFP: Ages 3-5

Using large muffin tins while preparing meals helps ensure that every child is receiving the correct serving size for each meal component. These recipes are per child served. Baking without a paper liner or silicone cup? Brush tin with vegetable oil before adding ingredients.

BREAKFAST

Potato and Egg Cup

- $\frac{1}{2}$ cup grated potato
- 1 egg
- melted butter
- salt and pepper

Preheat oven to 400°. Press potatoes tightly into the tin around the edges and the bottom to resemble a nest. Brush lightly with butter. Bake for 15 to 20 minutes. Allow the nests to cool and then crack the egg into each nest. Add salt and pepper to taste. Bake for about 15 more minutes until egg whites are set. Serve while warm and have the children sprinkle their favorite cheese on top.



French Toast Berry Cup

- 1 slice WGR bread, crust removed
- 1 egg
- 2 tbsp milk
- 1 tbsp cinnamon
- $\frac{1}{2}$ cup berries
- 1 tsp maple syrup

Preheat oven to 375°. In a large bowl, whisk eggs, milk, and cinnamon. Dunk bread into egg mixture making sure both sides are covered. Press into muffin tin. Bake for 10-12 minutes. Pour berries into the center and drizzle with the maple syrup.



Omelet Cup

- 1 egg
- 1 slice ham
- $\frac{1}{2}$ cup diced onion, green pepper, and tomato mixture
- 1 tbsp parmesan cheese
- 1 tbsp cheddar cheese

Preheat oven to 425°. Line each muffin tin with ham. Whisk egg, cheeses and vegetable mix together. Pour into the cup and sprinkle with salt and pepper. Bake for 15 minutes.



LUNCH/SUPPER

Taco Pie

- 3" pie crust or tortilla circle (14 grams)
- $\frac{3}{4}$ ounce refried beans
- $\frac{3}{4}$ ounce cooked ground beef (prepared with taco seasoning)
- shredded cheese
- $\frac{1}{4}$ cup shredded lettuce, diced tomatoes, & onion, and chopped avocado mixture

Preheat oven to 350°. Press pastry until it fits neatly into the cup. Spoon the beef and refried beans into the cups. Sprinkle with cheese. Bake until cheese melts and edges of crust is brown. Top with lettuce mix.



Spaghetti Meatball Nest

- $\frac{1}{4}$ cup cooked spaghetti noodles
- 1 tbsp parmesan cheese
- 1 tsp olive oil
- (3) $\frac{1}{2}$ ounce prepared meatballs (1.5 ounces total)
- pasta sauce

Preheat oven to 375°. Toss noodles with parmesan cheese and olive oil. Arrange them in the shape of a nest into each muffin tin. In the center arrange the three meatballs and drizzle with pasta sauce. Bake for 20 to 25 minutes.



Stuffed Biscuit Cup

- $\frac{3}{4}$ ounce sliced ham or turkey
- $\frac{3}{4}$ ounce shredded cheddar cheese
- 1 canned biscuit weighing at least 14 grams or .5 ounce

Preheat the oven to 400°. Roll the biscuit out flat and add meat and cheese to center. Pinch edges together to seal tight. Place the stuffed biscuit in muffin tin. Bake for 10-12 minutes or until golden brown.



SNACKS

Greek Freeze

- 2 ounces greek yogurt
- ½ cup fruit

Add the two ingredients together with a dash of vanilla into a blender. Blend until smooth. Spoon into silicone muffin cups and place in freezer for 5 hours or medium freeze.



Carrot Fruit Cup

- ½ cup shredded carrots
- 1 cup 100% fruit juice
- (1) ½ ounce envelope of gelatin

Put carrots into a silicone muffin cup. Bring ¾ cup of juice to boil in microwave. In the remaining ¼ cup juice sprinkle the gelatin. Once dissolved stir all the juice together. Pour liquid mixture over the carrots. Refrigerate overnight.



Veggie Bundle

- ½ cup mixed vegetables sliced into sticks (carrots, cucumbers, celery, asparagus)
- 2 tbsp hummus

Spoon hummus inside each silicone muffin cup or paper liner. Place vegetable sticks upright into the hummus to encourage dipping.



Found another muffin tin recipe you want to save? Write it down.

Recipe

Ingredients

Directions



Pro Tips:

- Using muffin tin paper liners makes serving and clean up easier. During the holidays look for fun, themed paper liners. Serving in a fun liner will encourage the children to try the recipe.
- Be careful when preparing meals in muffin tins, required amounts are different for snack verses lunch or supper. Check meal pattern for correct requirements for meal component if using any above recipes for a different mealtime.
- Muffin tin recipes are an easy way to get children involved with meal preparation.
- Silicone muffin cups are reusable which saves money and children love them.



Vegetables Help Us Grow!

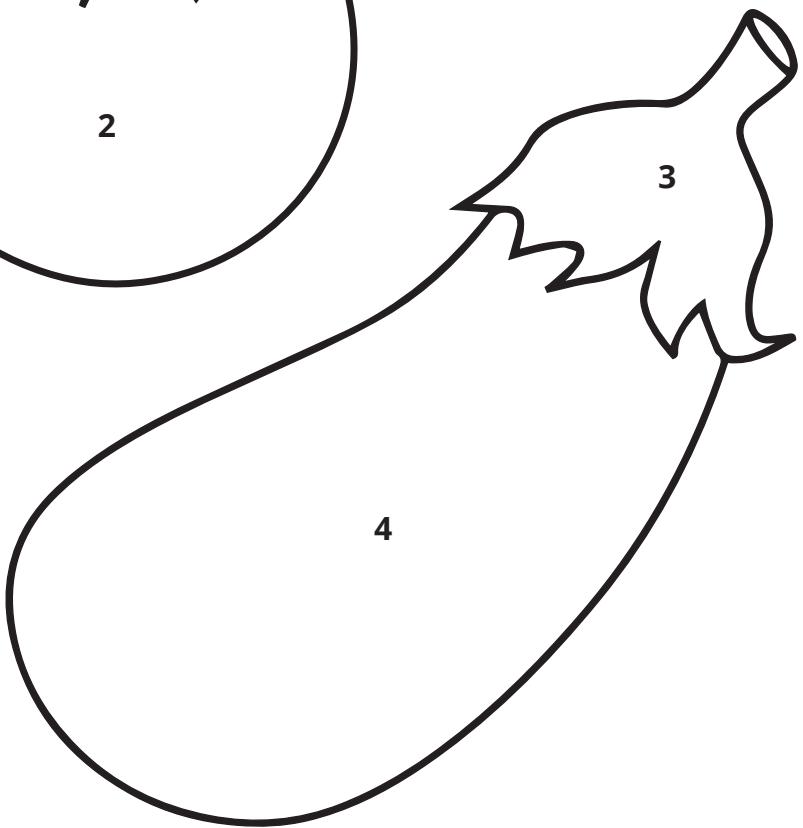
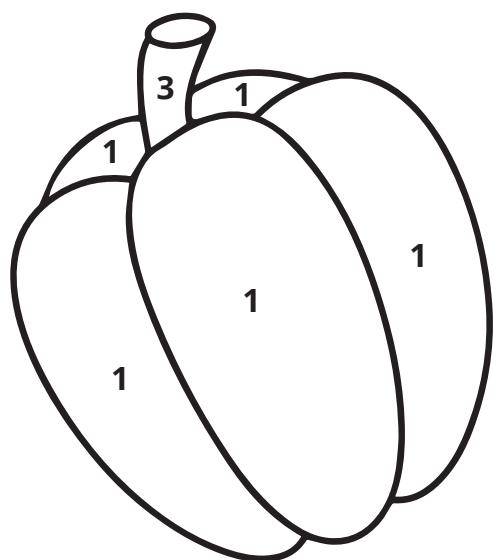
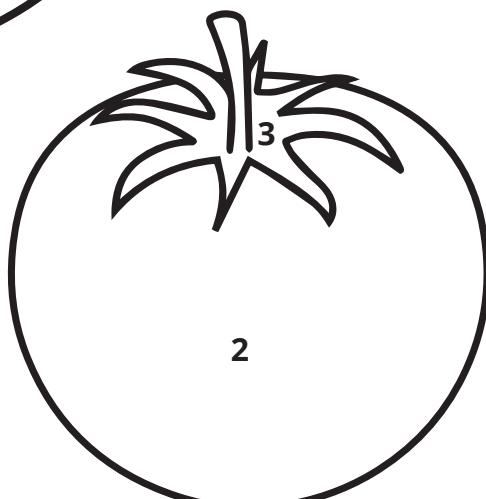
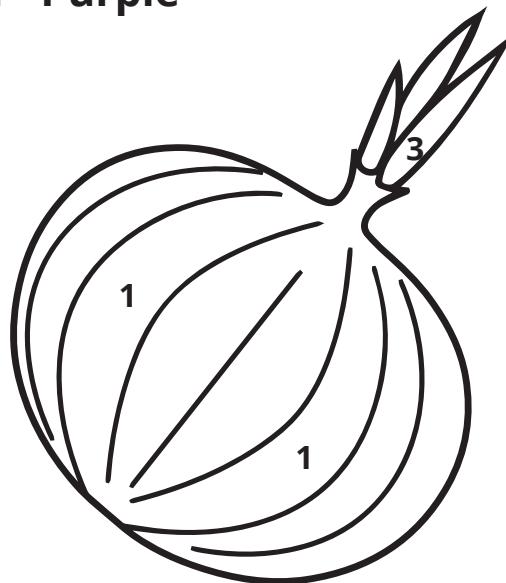
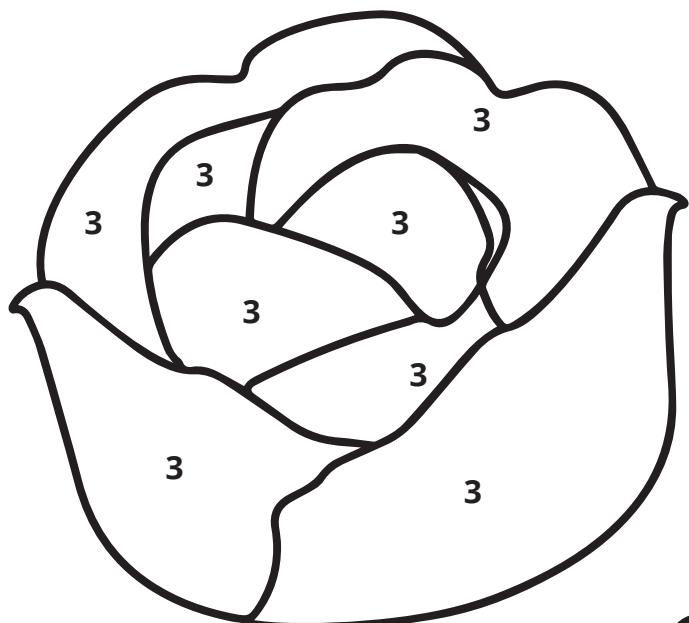
Use the color key to color each vegetable to show a rainbow of colors. Which one is your favorite?

1 - Yellow

2 - Red

3 - Green

4 - Purple



Kids in the Kitchen

recipe Name

Created By

Ingredients

↑ draw a picture
of your dish!

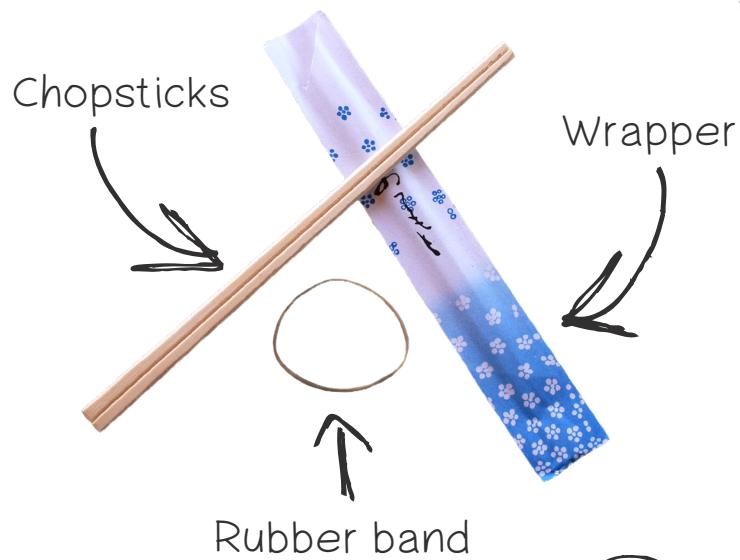
directions



How to Make a Chopstick Trainer

Learning how to use chopsticks can be hard. Try making this chopstick trainer to help you get the hang of it and also practice fine motor skills by using the pincer grasp.

Here's what you need...



Step One

Roll the wrapper tightly.



Step Two

Wrap rubber band around paper and chopsticks.

Step Three
Practice using the
trainer. Move the
cotton balls from one
cup to another.

