



Biigtigong Mno-zhi-yaawgamig



a guide to your **baby's first foods**





acknowledgements

The Biigtigong Mno-zhi-yaawgagmig would like to acknowledge the staff who created an interprofessional working group to guide the direction of this resource.

We are grateful for the artistic drawings provided by Erin Shaw. All of the stories have been shared by mothers, aunts and grandmothers of Biigtigong Nishnaabeg. Chii miigwetch to all who shared so that the stories can be passed along for generations.

In addition, we acknowledge that the foundation of this resource was created originally by Health Canada and then adapted by the First Nations Health Authority (FNHA) both of whom have given us permission and willingness to adapt with a local context.



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It is our honour to share this new Biigtigong Nishnaabeg First Solid Foods guidebook with you.

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

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

Starting from your baby's birth to when they are ready for solid foods at six months old, we'll show you how

to choose, make, store and feed your baby the best foods for growth — and how to use these early days to build bonds and have fun as you eat and explore together. There are over 40 recipes in here, many of which can be made for both your family and baby to save you time.

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

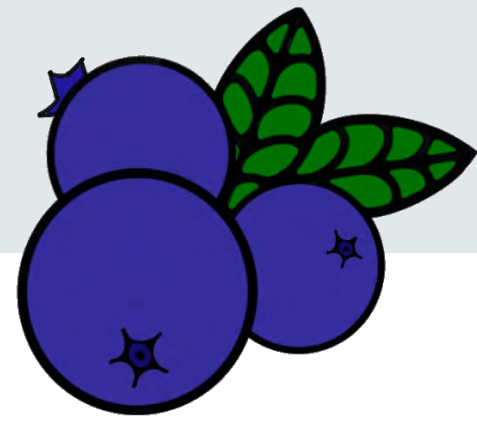
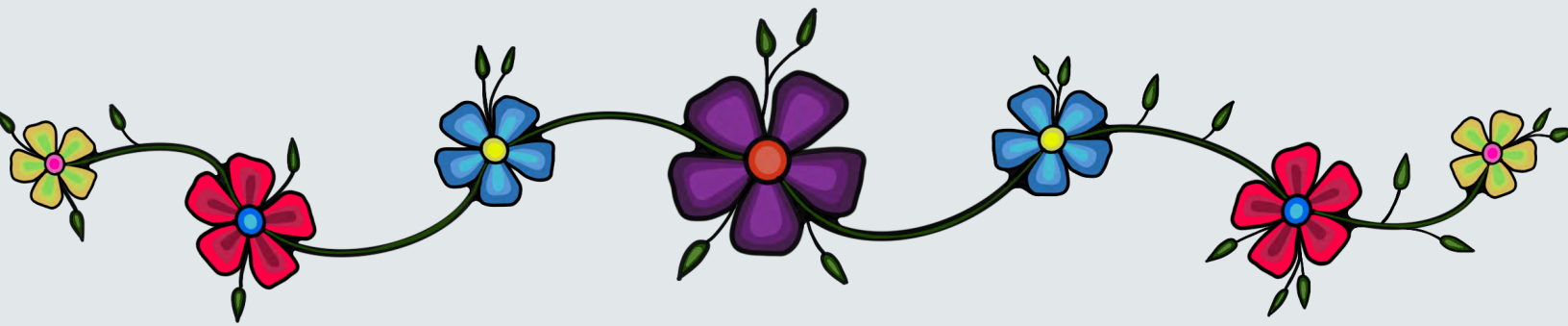


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introducing solid foods

Starting your baby on solid foods is an exciting new journey, and feeding them healthy foods from the beginning can prevent picky eating later on. This book is here to answer your questions and help you make healthy choices.

“

We ate from our granny and mom’s plate. Traditional foods like moose meat and carrots. It was healthy food and an easier way of doing things.”

~Virginia Courchene

When should I start feeding my baby solid foods?

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

Starting from your baby's birth to when they are ready for solid foods at six months old, we'll show you how to choose, make, store and feed your baby the best foods for growth — and how to use these early days to build bonds and have fun as you eat and explore together. There are over 40 recipes in here, many of which can be made for both your family and baby to save you time. As we know, food is never just about food. It's about quality time, spent together.

The Solid Foods Checklist

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

- Is six months old
 - Is watching what others are eating
 - Is reaching for your food
 - Is sitting up on their own or with help from a chair
 - Can hold their head up and turn it side to side without help
 - Seems hungry
 - Doesn't push their tongue out over and over when offered solid foods
- If you wait longer to start after they are ready, your baby:
- May be slower to accept solid foods
 - May have a harder time learning to chew
 - May not get the nutrients they need to grow

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

DURING THE FIRST SIX MONTHS

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

How to increase your breast milk supply:

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

DID YOU KNOW?

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

"I had a love/hate relationship with breastfeeding, but I chose and continued to breastfeed both my children because it made things easier for me. Who wants to wake up in the middle of the night to make a bottle? I was able to simply grab my babies mid sleep and feed them! It just so happens breastfeeding offers other benefits like financial benefits, the bonds created, convenience and the natural nutrients and antibodies.

My favourite thing about breastfeeding was when my babies were newborns and they'd search hard to latch on and when they got older, they'd look up and smile at me."

~Leanne Quisess

How do I start to feed my baby solid foods?

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

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



How do I start to feed my baby solid foods?

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

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

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

- Your health care provider (doctor, nurse practitioner, physician)
- Your community health nurse
- You may have family and friends who have experience with babies, or an Elder

Some helpful resources are:

Thunder Bay District Health Unit (Marathon Office):
229-1820

Biigtigong Mno-zhi-yaawgamig:
229-1836

Dilico Travelling Family Health Team:
(807)-626-5200

VITAMIN D - DID YOU KNOW?

Breastfed babies need a daily supplement of vitamin D. The usual daily amount is 400 International units (IU), but your health care provider may recommend a higher dose. Babies who are receiving formula do not need a vitamin D supplement as store-bought infant formulas already have vitamin D added (always check the label). When your baby is no longer breastfeeding or taking formula, your health care provider may recommend a vitamin D supplement. Discuss with your health care provider what sources of vitamin D, and how much, are right for your baby.

Your baby needs vitamin D to build strong, healthy bones and teeth. Not enough vitamin D increases the risk of your baby getting rickets – a disease that affects the way bones grow and develop.



DID YOU KNOW?

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

Infant Formula

Some women will decide to feed their babies formula for medical or personal reasons. Some women will choose to feed their babies only formula, while others will feed formula and breastmilk. If you are struggling with knowing what to do, and/or feeling guilty, talk to someone you trust. The most important thing is for you and your baby to be healthy. Feed your baby safely when they are hungry and stop when they are full.

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

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

Limit cow's milk to no more than three cups (750 mL) per day for children nine months and older (up to six years), along with eating a variety of iron-rich (solid foods) with various textures. If you are not breastfeeding and do not want to give your child cow's milk, you can give your child soy infant formula until your child is two years of age along with a variety of iron-rich foods with various textures. After age two, you can serve low-fat milk or fortified alternatives along with a variety of healthy foods. For fortified alternatives, including soy, almond, coconut, and rice beverages, ensure that they are fortified with calcium and vitamin D and do not have added sugar.

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

Tips for Making and Feeding Infant Formula

Thunder Bay District Health Unit:

<https://www.tbdhu.com/resource/tips-for-making-and-feeding-infant-formula>

Infant Formula: What You Need to Know Best Start Booklet

<https://resources.beststart.org/product/b19e-infant-formula-booklet/>

Infant formula

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

If you are concerned about possible foods that can cause food allergies for your baby, see page 22.



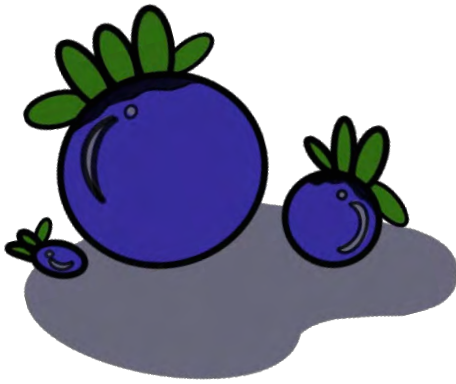
"I got my son off the bottle at 14 months of age. That was a hard transition for me, but he was ready and now he has great teeth."

~**Juanita Starr**

IMPORTANT TIP

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

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



DID YOU KNOW?

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

Iron-rich foods

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

- Well-cooked, finely minced game meat (moose, deer, goose, partridge), chicken, turkey or fish (salmon)
- Iron-fortified baby cereal (like rice, oats, barley and wheat)
- Mashed cooked egg
- Mashed beans, lentils, peas and tofu (made from soybeans)
- Green, leafy vegetables like cooked spinach or fiddleheads

Some common food allergens are also sources of iron. These include peanuts, tree nuts and sesame seed butters. You can introduce peanuts, tree nuts, milk products and sesame seeds as well as cooked egg, fish, wheat and soy. The risk of a food allergy developing to these foods is lowest when they are introduced at about six months of age. Offer peanut and tree nut butters blended into infant cereal or spread thinly on strips of toast.

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

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

You should always pair Vitamin C-rich foods with iron-rich foods to help your baby absorb as much iron as possible, but this is even more important if you are feeding your baby a vegetarian diet.¹

¹ <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-ng-healthy-infants-key-nutrients-iron.pdf>

MEAT AND ALTERNATIVES



Meat from hunted or farmed animals can include beef, moose, fish, rabbit, chicken and deer. Meat alternatives are non-animal, plant-based proteins like beans, lentils, nuts and tofu. Meat and these alternatives provide protein, fat and many other important nutrients like iron.

Try these:

- Red meats (e.g. beef, moose, deer)
- White meats (e.g. chicken or turkey)
- Deboned fish (be careful of fish bones as your baby could choke)
- Beans and pulses (e.g. kidney beans, lima beans, lentils, chickpeas, hummus, dahl)
- Whole eggs (babies can have egg whites and egg yolks)
- Nuts and seeds (nuts can be very hard and a choking hazard — you can either finely chop them up or puree them)
- Tofu

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

DID YOU KNOW?

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



“Growing up in Biigtigong Nishnaabeg meant hunting moose and partridge, fishing, snaring rabbits, picking blueberries, giving thanks and enjoying the nourishment that the creator has provided on the land and water.”

~**Kaden Twance** - Grey Wolf, & **Brant Twance** - Red Cardinal

SHOPPING TIP

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

The information you need to look for is circled on the two Nutrition Facts Tables below: 1 cup (30g) of plain O-shaped cereal has a little sugar (1g) and 1 cup (30g) of fruit-flavoured O-shaped cereal has a lot of sugar (10g). 4g of sugar is about a teaspoon.

GRAINS

Grains mean energy for your baby. Whole grains contain the entire grain kernel for added fibre and nutrients, and include oats or oatmeal, barley, brown rice, and whole wheat bread, pastas and crackers. Go for grain products that are low in sugar, fat and salt. The most common food allergens in cereals are milk and wheat (see "Food allergies" on page 22).

Try these:

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

OAT LOOPS

| Nutrition Facts | |
|--------------------------|----------------|
| Serving size | (27g) |
| Amount Per Serving | |
| Calories | 100 |
| | % Daily Value* |
| Total Fat 2g | 3% |
| Saturated Fat 0.4g | 2% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 170mg | 7% |
| Total Carbohydrate 20g | 7% |
| Sugary Fiber 3g | 11% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | 6% |
| Vitamin D 0mcg | 0% |
| Calcium 52mg | 4% |
| Iron 5.4mg | 30% |
| Potassium 235mg | 4% |

VS.

FRUIT-FLAVOURED LOOPS

| Nutrition Facts | |
|--------------------------|----------------|
| Serving size | (27g) |
| Amount Per Serving | |
| Calories | 110 |
| | % Daily Value* |
| Total Fat 1g | 1% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Polyunsaturated Fat 0g | |
| Monounsaturated Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Total Carbohydrate 24g | 9% |
| Sugary Fiber 2g | 7% |
| Total Sugars 10g | |
| Includes 0g Added Sugars | 0% |
| Protein 1g | 2% |
| Vitamin D 4mcg | 20% |
| Calcium 0mg | 0% |
| Iron 4.5mg | 25% |
| Potassium 47mg | 0% |



MILK AND ALTERNATIVES



Milk products can be made from cow's milk (dairy) or the milk of goats, sheep and so on, and include foods like yogurt, cheese and butter. For those allergic or intolerant to milk, alternatives can include beverages made from coconut, rice, or nuts like almonds and cashews (see "Foods that can harm your baby" on page 21).

Milk products are very good for your baby's bones and teeth because they contain calcium and Vitamin D. Those that are allergic to milk, many milk alternatives have had calcium and Vitamin D added to them to match the levels in milk — just look out for this on the packaging.

Between six and nine months of age, you can give your baby foods that are made with cow's milk. Just be careful to watch for any signs of an allergic reaction to dairy (see "Food allergies" on page 22).

NUTRITION TIP

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

USEFUL HINTS:

- Choose pasteurized cheeses. Hard cheeses that are grated or cut into bite-sized pieces are safer to prevent choking. Cottage cheese is good but other soft cheese can be a choking hazard if given in thick amounts
- Choose products made from homogenized whole milk with at least 3% MF (Milk Fat content) to give your baby the fat they need
- Wait until baby is nine to 12 months old before offering them up to 750 ml of cow's milk a day, until they are two years old. Too much milk might make them too full to eat the other foods they need
- Milk alternatives can be taken after two years old, but choose those fortified with calcium and vitamin D to give your little one what they need



DID YOU KNOW?

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

Healthy Food Choices

VEGETABLES AND FRUIT

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

Try these:

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



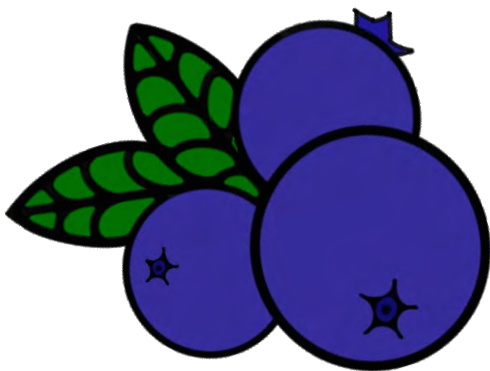
"I really enjoyed making homemade baby food for my gozis. I prepared fresh fruit and vegetables and introduced new food like avocado. He loved avocado and spooning out the vegetable for himself."

~ Tammi Shaw

If you don't have fresh veggies and fruit, then frozen and canned options are good options - less expensive and just as nutritious. Just watch out for all the added extras in packaged foods. Pick foods with labels that say, "No added salt," "Less salt" or "Low sodium" when you are choosing vegetables, and labels that say, "Packed in water" or "Packed in juice" with "No added sugar" for fruit. Steer clear of fruit packed in syrup, as this has plenty of sugar. Fruit juice may seem like an easy way to feed your baby vitamins, but even unsweetened fruit juice is very high in sugar and can damage their teeth. Water in an open cup is the best.

If you do decide to offer your baby juice:

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



DID YOU KNOW?

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

"Being a young mother at the age of 16 years old in a family that was living the cycle of intergenerational trauma, the focus came to be to break the cycle for our children. I definitely wasn't prepared for the parenting journey and although baby food wasn't my main focus at the time; my granny, mom, aunties, sisters and the rest of the family ensured my daughter was nourished and healthy. Everyone plays an important role when raising our little people. Including the community, it is nice to see all the supports available for the families."

~ Shannon Courchene, Bangii Waawaashkeshi - Little Deer

Table Foods

IMPORTANT TIP

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

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

Gathering at the table

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



How much should I feed my baby?

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

Some cues for hunger include:

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

Your baby is full if they are:

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

So even though you are letting your baby tell you when they are hungry, how many times a day should you offer food? This chart can help you decide how often to provide meals and snacks made of solid foods:

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

HEALTHY SNACKS

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

USEFUL TOOL

If you would like to chart your baby's eating routine, try this handy sheet: <http://www.fnha.ca/wellnessContent/Wellness/FNHA-COHI-Eating-Routine.pdf>

Table Foods

TIP

Use a fork to mash soft foods easily.

USEFUL TIP

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

DID YOU KNOW?

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



Texture is all about how a food feels — is it smooth, lumpy, soft or hard? Even though your baby doesn't have teeth, you don't have to blend or puree their food. Just mashing it with a fork is more than good enough, and if you use pureed food from the store, try to move on to mashed food in the first few weeks of starting solids.²

² <http://vch.eduhealth.ca/PDFs/GK/GK.260.T37.pdf>

Six to seven months old

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

Try these:

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

Eight to 12 months

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

12 to 18 months

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

TIP FOR YOUR BABY'S TEETH

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

IMPORTANT TIP:

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

feeding your baby safely

IMPORTANT: THESE FOODS CAN CAUSE CHOKING

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

Foods that can cause choking

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



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



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

Feeding Your Baby Safely



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

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

- Fruit
- Veg

- Bread/toast
- Pasta/noodles



DID YOU KNOW?

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

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

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



Foods That Can Harm Your Baby

FOOD SAFETY TIP

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

WARNING:

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



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

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

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

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



Food allergies

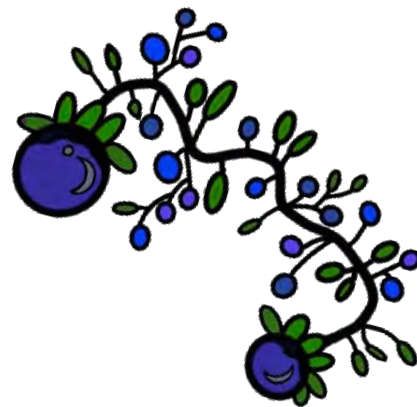
A small percentage of babies and children (about 7%) have a food allergy and some children can outgrow some food allergies. The foods that most commonly cause food allergy are called common food allergens (see the list below). There is no need to wait to introduce these foods to your baby. Introduce your baby to these food allergens when your baby has shown they are ready for solid foods (see the list on page 4). For most babies this is at about six months of age. The risk of your baby developing a food allergy may be reduced by introducing the common food allergens at about six months of age. Once a common food allergen has been introduced, continue to offer it regularly. This may help prevent a food allergy from developing.

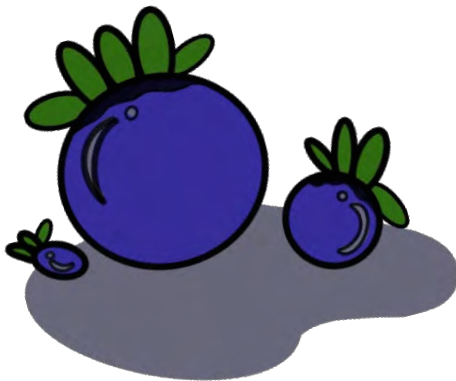
The most common food allergens include:

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

Some babies are at an increased risk of developing a food allergy. How do you know if your baby is at an increased risk?:

- A parent, sister or brother has been diagnosed with an allergic condition like food allergy, eczema, asthma or hay fever
- Allergic conditions tend to run in your family (if the child is adopted, it would be the child's family)
- Your baby has severe eczema. Not all eczema is severe, so it is important to discuss this topic with your health care provider





Introduce common food allergens to your baby one at a time. Generally, there is no need to wait a certain number of days between introducing these foods. However, if you live in a community where you need to travel long distances for health and emergency services, you may want to wait one or two days before introducing another common food allergen. That way, if your baby has an allergic reaction, you'll know which food caused the reaction and can potentially avoid a future reaction.

All other new foods do not need to be introduced one at a time.

For Allergy Nutrition Support

If you have questions or concerns about allergies, or you are not sure if your baby is at an increased risk, then meet with your baby's health care provider or a registered dietitian to discuss this topic in more detail.

To speak to a registered dietitian, call the Marathon Family Health Team: 229-3243

Symptoms of an allergic reaction to a food can range from mild to severe. Reactions often appear within minutes after your baby eats the food.

Examples include:

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

Although less common, vomiting, sometimes together with diarrhea (runny poop), can also occur hours later.

Severe symptoms of an allergic reaction require immediate attention.

Examples of a severe reaction include:

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

Call 9-1-1 or the local emergency number right away if signs of a severe allergic reaction occur.

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

Peanut Allergy in a Nutshell:

<https://www.tbdhu.com/resource/peanut-allergy-nutshell>

Unhealthy Foods for Baby

Here are some reminders about foods that are unhealthy for your growing baby:

- Foods high in salt like cured meats and fish (ham, sardines, anchovies), frozen ready-to-eat meat and food (burritos, pizza), pickles, salted nuts or pretzels
- Foods high in sugar like soda and iced tea, sweets and cakes, low-fat yogurt, chocolate milk, sauces like BBQ and ketchup, fruit juice, sports and energy drinks, and granola or sugary cereals (see "Shopping Tip" on page 11, looking at Nutrition Fact Tables)
- Processed food like chips and meats like ham, bologna, hot dogs and bacon
- Canned fruit that is packed in syrup



Watch out for mercury

Mercury is a natural chemical that is found in most fish, and can be toxic for people's brains and nerves. You can still eat and feed your baby fish and other seafood, just choose the types that have less mercury than others.

Lower levels of mercury

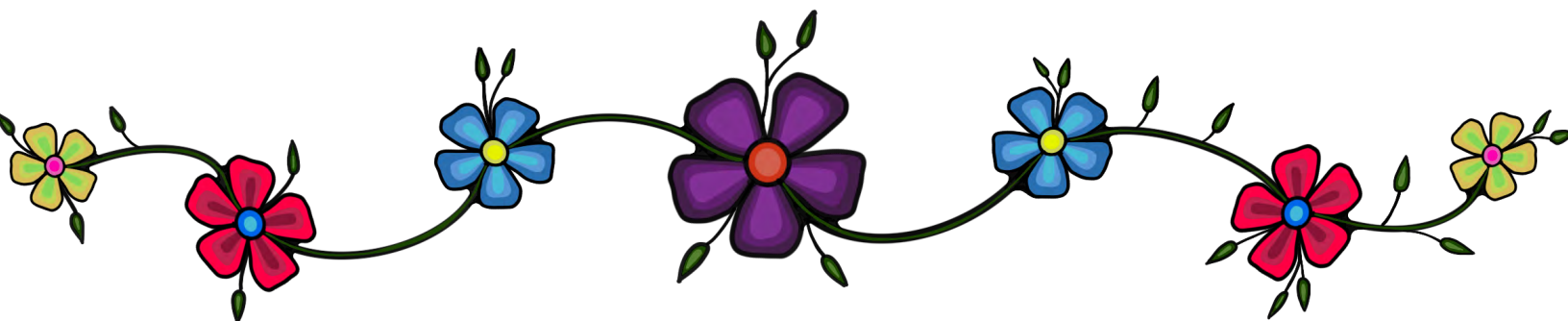
- Salmon (wild or farmed, fresh, frozen or canned)
- Shrimp
- Prawn
- Rainbow trout
- Atlantic mackerel
- Sole or dover sole

Higher levels of mercury

- Tuna* (fresh or frozen)

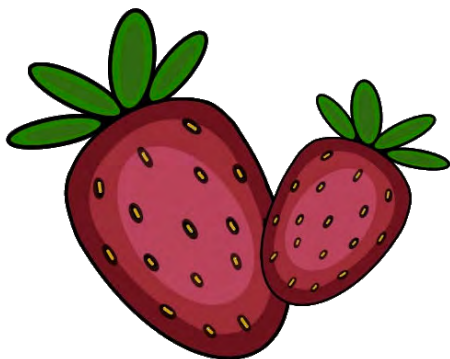
*Note: Canadian North Pacific albacore tuna (fresh, frozen and canned) has been tested for mercury by the Canadian Food Inspection Agency and is considered safe to eat. The mercury level in these fish is lower than other albacore tunas. To find Canadian albacore tuna, look for "Product of Canada" on the label.³

³ <https://www.healthlinkbc.ca/healthlinkbc-files/mercury-fish>



making and storing **your own baby food**





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

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

Safe Food Preparation

Washing your hands

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

Cleaning the kitchen

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

Separating foods

- Keep raw meat, fish, birds 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 (or a probe/stem thermometer)
- Put the tip of your thermometer into the thickest part of the meat or dish

| FOOD ITEM | COOKING TEMPERATURE |
|---|---------------------|
| Whole chicken or birds | 180°F/82°C |
| Chicken, 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

- Put leftovers in the fridge during the first hour after making them
- Keep your fridge at 4°C (40°F) or colder. Bacteria multiply fastest between 4°C (40°F) and 60°C (140°F), so chilling food properly is one of the best ways to avoid food poisoning

Thawing

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

Reheating

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

TIP

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

→ Stir foods at least once halfway through cooking or reheating.

→ Taste food to see how hot it is before you give it to your baby.

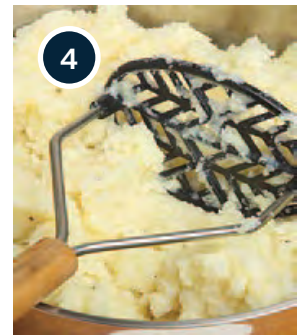
→ To reheat food in a microwave, heat to 88°C (190°F), then cover it and let stand for two minutes.

→ Heat in glass rather than plastic containers to ensure safety.

Kitchen Tools for Baby Food Making

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

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



Safe Food Handling

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

Storing in the fridge:

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

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

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

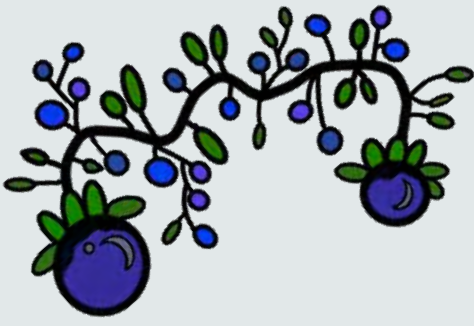
Storing in the freezer:

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

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

Tools to store food:

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



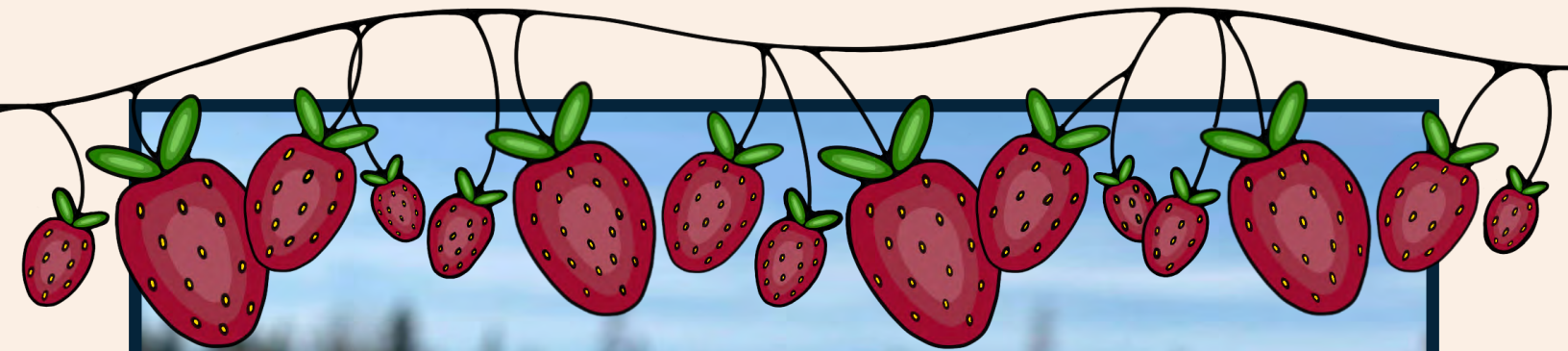
recipes

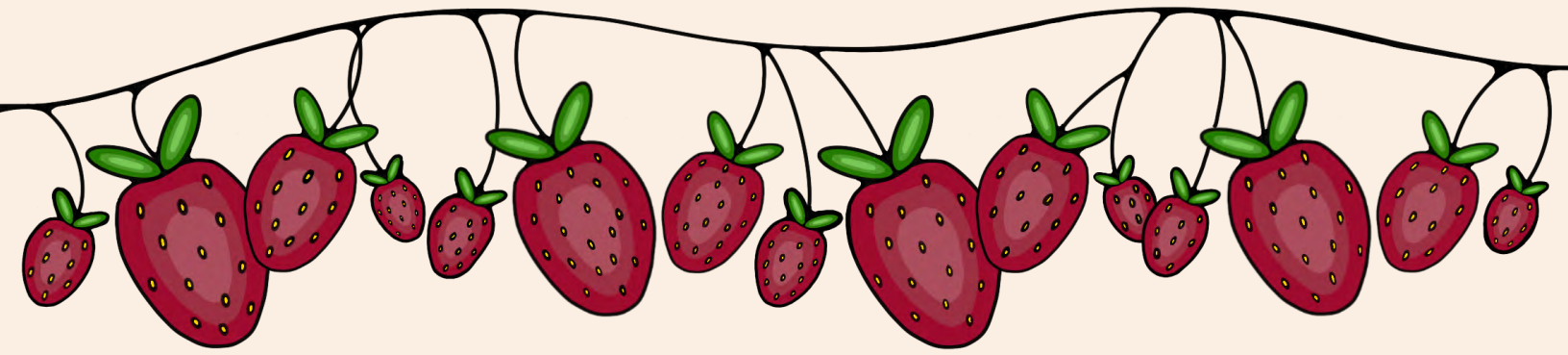
Now that we've learned all about which foods are best for your baby, and how to prepare and store them safely, let's get to the yummy part.

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

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







breakfast

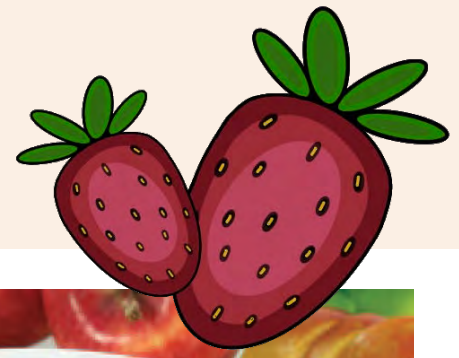


Apple Sauce Recipe:

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

— **Simone Lampreau**, Simpcw First Nation

mashed fresh fruit



SERVINGS



Makes 3 cups or 24 ice cube servings

FOOD GROUP



Fruits & Vegetables



ingredients

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

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

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

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

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

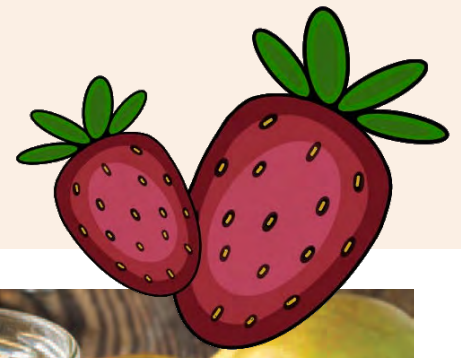
directions

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

MICROWAVE DIRECTIONS

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

mashed canned fruit



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



ingredients

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

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

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

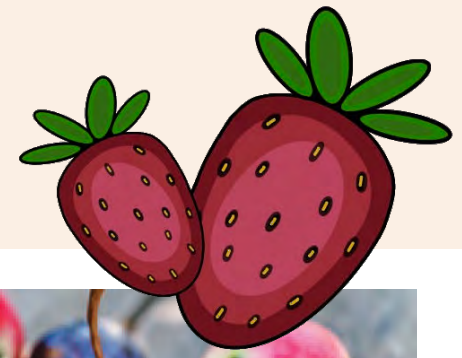
Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

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

directions

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

pears, apples and plums



SERVINGS



Makes 3 cups or 24 ice cube servings

FOOD GROUP



Fruits & Vegetables



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.

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

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

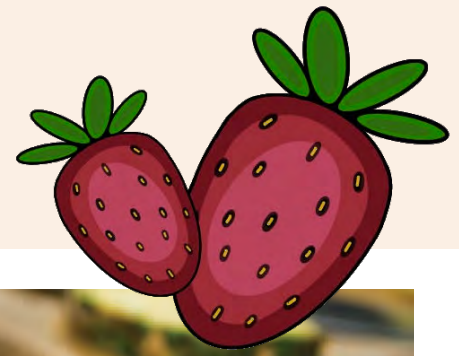
directions

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

MICROWAVE DIRECTIONS

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

tropical fruit mash



SERVINGS



Makes 3 cups or 24 ice cube servings

FOOD GROUP



Fruits & Vegetables



ingredients

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

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

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

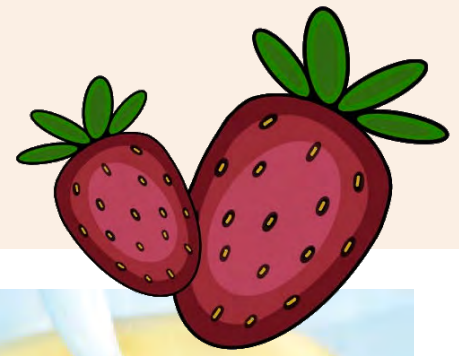
Keeps for two to three days in the fridge, two months in the fridge freezer, or six months in the deep freezer.

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

directions

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

bananas and prunes



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



ingredients

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

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

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

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

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

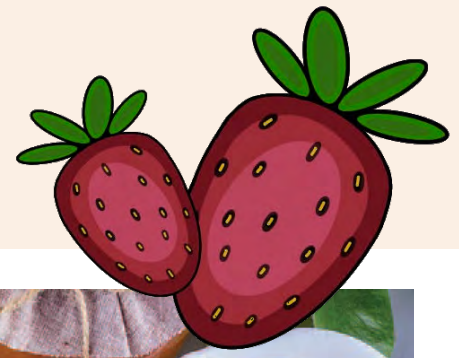
directions

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

MICROWAVE DIRECTIONS

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

rhubarb pears



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



ingredients

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

This recipe also works with canned peaches instead of pears.

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

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

directions

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

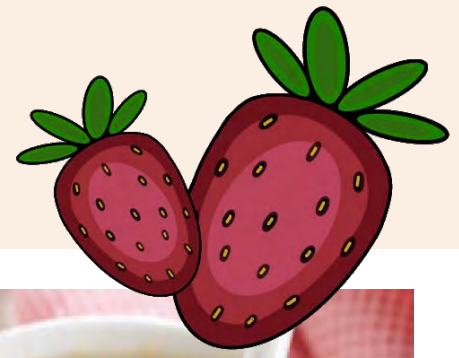
MICROWAVE DIRECTIONS

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

DID YOU KNOW?

Rhubarb is a natural laxative. It may help to prevent or treat constipation.

fruity cereal



SERVINGS



Makes ½ cup

FOOD GROUP



Fruits & Vegetables



Grains



ingredients

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

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

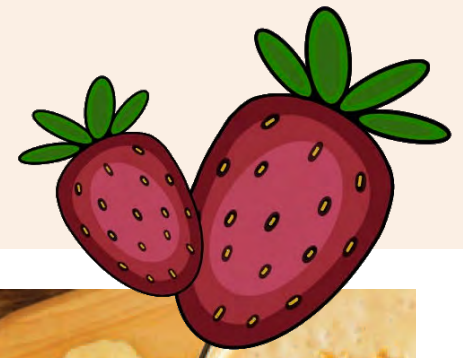
NUTRITION TIP: Add ½ tsp. peanut butter for extra nutrition and flavour. Stir it in well so there are no sticky lumps.

Keeps in the fridge for one to two days.

directions

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

peanut butter banana yogurt



SERVINGS



Makes 1/3 cup

FOOD GROUP



Fruits & Vegetables



Grains



Meat & Alternatives



ingredients

- 2 tbsp. plain yogurt (2.5% MF or higher)
- ¼ banana, mashed
- 1 tsp. peanut butter

directions

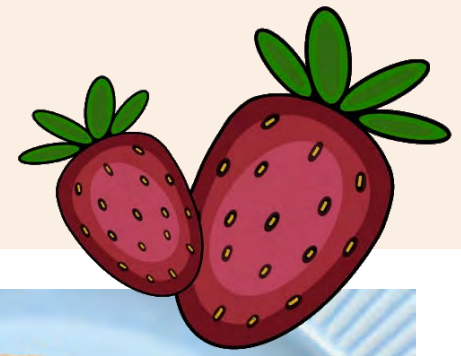
1. Mix banana and peanut butter well so there are no sticky lumps.
2. Stir banana and peanut butter mixture into the yogurt.
3. Serve immediately.

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

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

Keeps in the fridge for one to two days.

baby pancakes



SERVINGS

Makes 6 little pancakes

FOOD GROUP



Fruits & Vegetables



Grains



ingredients

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

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

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

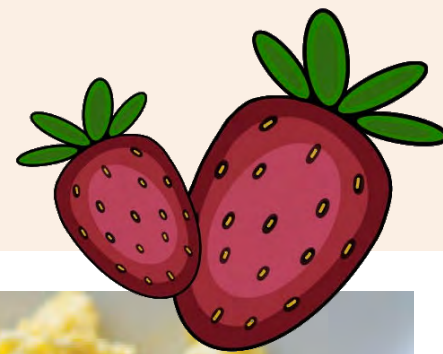
Pancakes can be kept in the fridge for three days or frozen in the fridge freezer for up to two months.

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

directions

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

scrambled eggs



FOOD GROUP



Meat &
Alternatives



ingredients

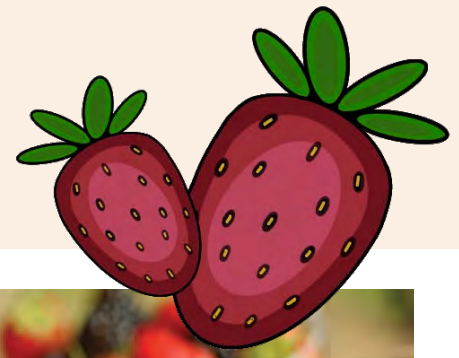
- 1 whole egg
- 1 tbsp. (15 ml) water

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 six months of age.

power yogurt



SERVINGS



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

FOOD GROUP



Fruits & Vegetables



Grains



Milk &
Alternatives



ingredients

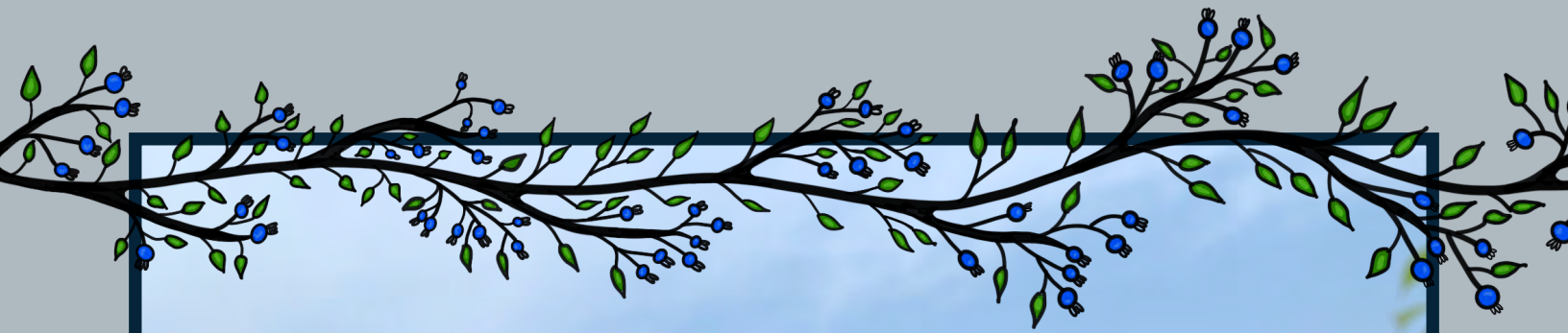
- $\frac{1}{4}$ cup (50 ml) iron-fortified infant cereal
- $\frac{1}{4}$ cup (50 ml) fruit prepared to the texture that is right for your baby (see page 17)
- 2 tbsp. (25 ml) water
- 2 tbsp. (25 ml) plain yogurt (2.5% MF or higher)

directions

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

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

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





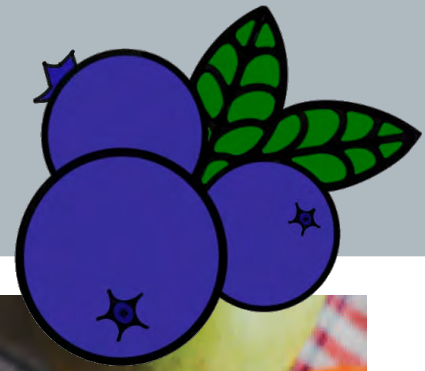
lunch

“

I remember blueberry picking with my mom, granny and sisters on hot summer days, we would pack a lunch and we would pick all day long. As kids we would get in trouble for eating out of the bucket. Probably their way of getting us to eat our fruit. My mom would freeze the blueberries and we had berries all winter long.”

~Virginia Courchene

mashed vegetables



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



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.

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

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

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

directions

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

MICROWAVE DIRECTIONS

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

baby pemmican



SERVINGS



Makes 1½ cups or 12 ice cube servings

FOOD GROUP



Fruits & Vegetables



Meat &
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) Saskatoon berries or blueberries
- 1 cup (250 ml) water

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

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

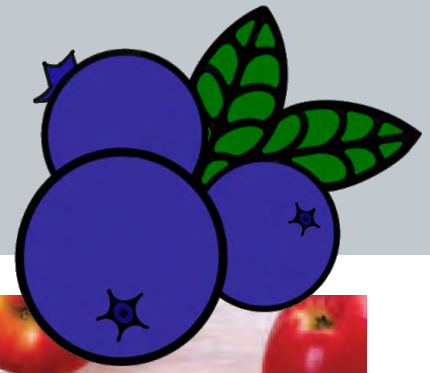
directions

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

DID YOU KNOW?

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

pumpkin, apple and corn mash



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



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

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

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

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

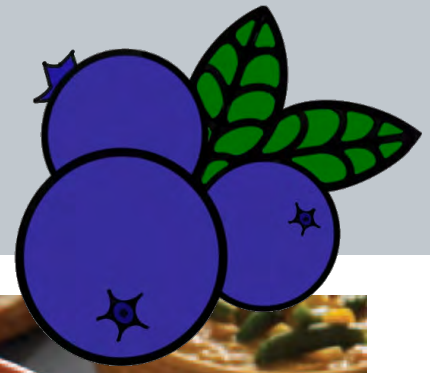
directions

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

MICROWAVE DIRECTIONS

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

squash, corn and green bean mash



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



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.

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

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

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

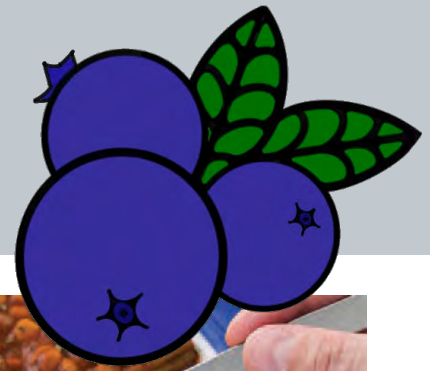
directions

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

MICROWAVE DIRECTIONS

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

beans and vegetables



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



Meat &
Alternatives



ingredients

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

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

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

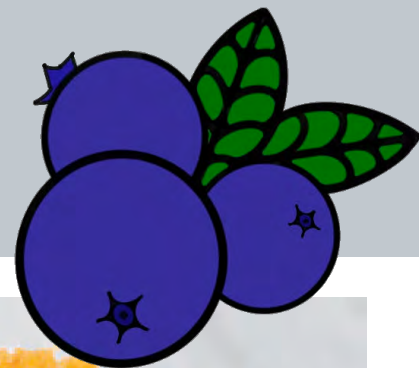
directions

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

MICROWAVE DIRECTIONS

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

potato, carrot, turnip



Submitted by Saddle Lake Health Centre

SERVINGS



Makes 3 cups or 24 ice cube servings

FOOD GROUP



Fruits & Vegetables



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

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

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

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

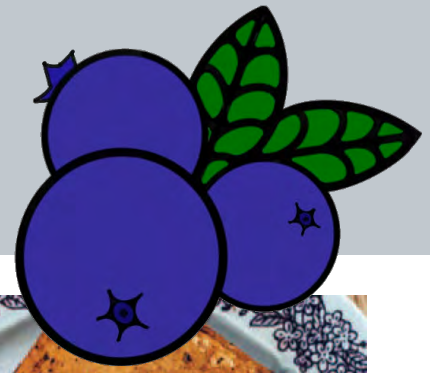
directions

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

MICROWAVE DIRECTIONS

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

baked bannock



SERVINGS



Makes one 8x8 pan (32 pieces)

FOOD GROUP



Grains



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

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

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

directions

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

“My kids really like a good baked bannock.”

~Jolie Rousselle

lentils and rice



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Grains



Meat &
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

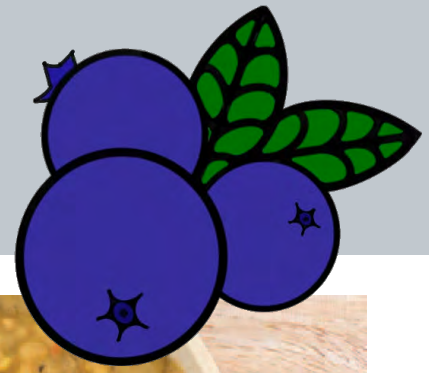
1. Place lentils, rice and water in a large pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the lentils are soft. Add more water if needed.
4. Mash to the texture that is right for your baby (see page 17).

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

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

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

carrot, split pea and potato



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



Meat &
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

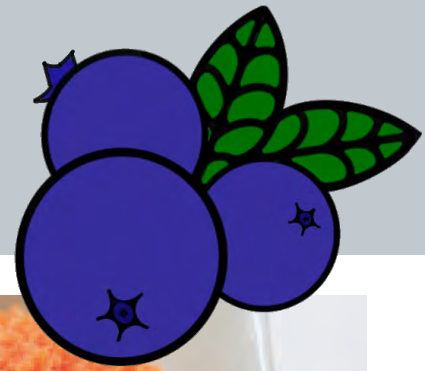
1. Place split peas, carrots, potatoes and water in a large pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the split peas are soft enough to be mashed with a fork. Add more water if needed.
4. Prepare to the texture that is right for your baby (see page 17).

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

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

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

basic fish recipe



SERVINGS



Makes 1 cup or 8 ice cube servings

FOOD GROUP



Meat &
Alternatives



ingredients

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



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

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

FOOD SAFETY TIP: Fish is an important source of iron and a healthy choice for the whole family, but some types of fish contain high levels of mercury. Please refer to the page 25 for more information on mercury.

directions

If using frozen fish, then thaw it first. See page 28 for information on thawing meats safely.

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

macaroni and cheese with peas



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



Meat &
Alternatives



Milk &
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

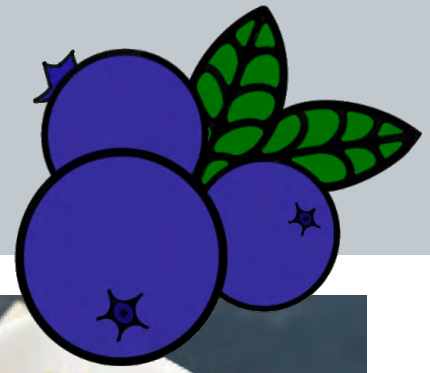
1. Place vegetables and water in a pot.
2. Bring to a boil, then reduce heat to low.
3. Simmer until the broccoli is soft.
4. Drain the water and save it in another container.
5. Add the tuna and cheese to the broccoli and stir to combine.
6. Mash to the texture that is right for your baby (see page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

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

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

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

broccoli, cheese and tuna



SERVINGS



Makes 1½ cups or 12 ice cube servings

FOOD GROUP



Fruits & Vegetables



Grains



Milk &
Alternatives



ingredients

- ½ cup (125 ml) dry macaroni
- 1/3 cup (75 ml) canned evaporated whole milk (full fat) or 3.25% MF homogenized milk
- ¼ cup (50 ml) frozen peas
- ½ cup (125 ml) grated cheese

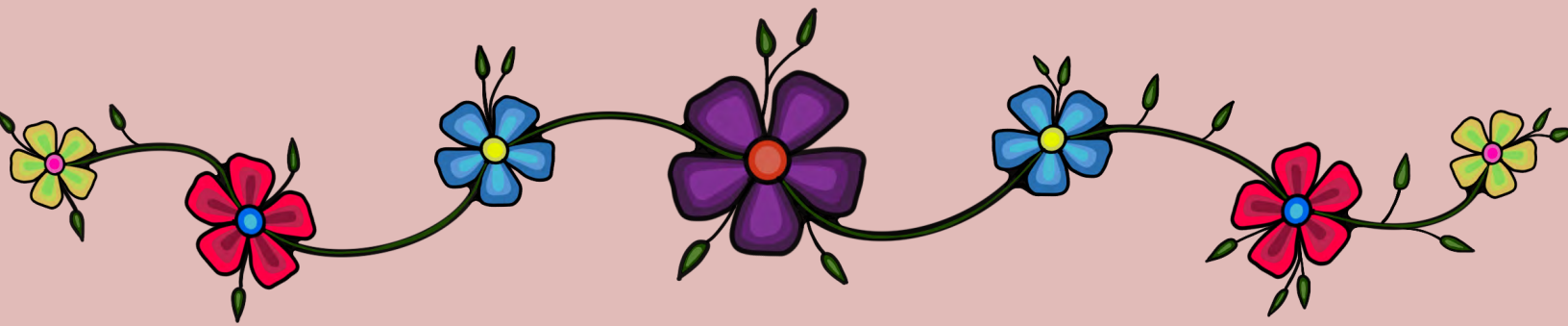
Go ahead and get creative with this recipe. Try different pasta shapes and add other vegetables or meats your baby likes.

directions

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

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





dinner

“

As Alister is getting older, we have been introducing a lot of different foods. He is at the point where he is eating what we eat, but one of his favorite meals is when he has a bowl of spaghetti. When making the sauce we add carrots, celery, onions, and mushrooms cut so small so the kids won't notice. But this way I know they are getting a good portion of vegetables while enjoying supper.”

~ Danica Gagne



“From the time my kids were small they really enjoyed moose meat stew.”

~ **Jolie Rouselle**

cut up / ground meats



SERVINGS



Makes 1 cup or 8 ice cube servings

FOOD GROUP



Meat &
Alternatives



ingredients

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

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

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

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

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

directions

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

Moose = “Mooz”

broccoli and carrots



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



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.

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

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

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

directions

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

MICROWAVE DIRECTIONS

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

sweet potato and turnip



SERVINGS



Makes 3 cups or 24 ice cube servings

FOOD GROUP



Fruits & Vegetables



ingredients

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

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

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

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

directions

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

MICROWAVE DIRECTIONS

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

rice and dandelion greens



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



Grains



ingredients

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

directions

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

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

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

rice and squash



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



Grains



ingredients

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

This recipe also works with sweet potato instead of squash.

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

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

DID YOU KNOW?

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

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. Remove from heat and let sit, covered, for 30 minutes.
4. Mash or cut to the texture that is right for your baby (see page 17).

Wild Rice = “*Manoomin*”

chicken rice and sweet potato



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



Grains



Meat &
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-sized sweet potato)
- 2 cups (500 ml) water

directions

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

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

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

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

fish and green beans



SERVINGS



Makes 1 cup or 8 ice cube servings

FOOD GROUP



Fruits & Vegetables



Meat & Alternatives



ingredients

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

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

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

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

directions

If using frozen fish, thaw it first. See page 28 for information on thawing meats safely.

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

MICROWAVE DIRECTIONS

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

lake trout with parsley sauce



SERVINGS

Serves a family of four, including your baby

FOOD GROUP



Fruits & Vegetables



Grains



Meat & Alternatives



ingredients

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

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

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

directions

If using frozen fish, thaw it first. See page 28 for information on thawing meats safely.

1. Pre-heat oven to 400°F (200°C).
2. Remove all bones from the fish. Bones can get caught in your baby's throat and cause them to choke.
3. Line a baking sheet with foil and place fish on top, skin side down. Brush top of fish with oil and bake at 400°F (200°C) for 8-10 minutes per inch (2.5 cm) of thickness, until fish flakes easily with a fork.
4. To make the parsley sauce, melt butter in a saucepan over medium-low heat.
5. Stir in flour and cook, stirring, for 1 minute.
6. Gradually stir in milk. Increase heat to medium and cook, stirring, for 3 minutes or until sauce thickens and coats the back of a spoon.
7. Remove from heat. Stir in parsley and lemon juice. Serve with baked fish after checking again that there are no bones in the fillets.
8. For your baby, flake the baked fish and make sure there are no bones. Add parsley sauce, breast milk or water to fish to moisten. If using canned salmon, flake with a fork and serve with parsley sauce.
9. Serve with rice and your family's favourite vegetables.

roast chicken dinner



SERVINGS

Serves a family of four or five, including your baby

FOOD GROUP



Meat & Alternatives



ingredients

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

directions

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

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

moose, potato and vegetables



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



Meat & Alternatives



ingredients

- 1 cup (250 ml) raw moose, 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, or pork.

directions

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



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

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

cranberry rabbit and rice



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



Grains



Meat &
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 or raisins instead of cranberries.

directions

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

Cranberry = “*Aniibiimin*”

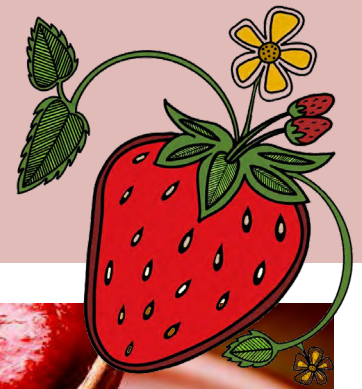
Rabbit = “*Waabooz*”

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

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

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

all-purpose tomato sauce



SERVINGS



Makes 3 cups or 24 ice cube servings

FOOD GROUP



Fruits & Vegetables



ingredients

- 4 cups (1 L) fresh tomatoes, chopped, or canned tomatoes
- 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)

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

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

NUTRITION TIP: This is a healthy tomato sauce that the whole family can enjoy. Stir in some cooked, ground meat for a quick meal. See the recipe for “Meats” on page 63.

directions

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

pasta and tomato sauce with cheese



SERVINGS



Makes 1½ cups or 12 ice cube servings

FOOD GROUP



Fruits & Vegetables



Grains



Milk &
Alternatives



ingredients

- ½ cup (125 ml) dry pasta. Little pasta shapes are a great way for your baby to practise eating with their fingers.
- ½ cup (125 ml) thawed tomato sauce (about 4 ice cube servings) (see recipe on page 76)
- ¼ cup (50 ml) grated cheese

You can also add a ¼ cup (50 ml / approx. 2 ice cube servings) of thawed Meats (see recipe page 63) or use ground meat instead of pureed. Cook ground meat and drain fat before adding to pasta.

directions

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

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

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

beef hash with vegetables



SERVINGS



Makes 3 cups or 24 ice cube servings

FOOD GROUP



Fruits & Vegetables



Meat &
Alternatives



ingredients

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

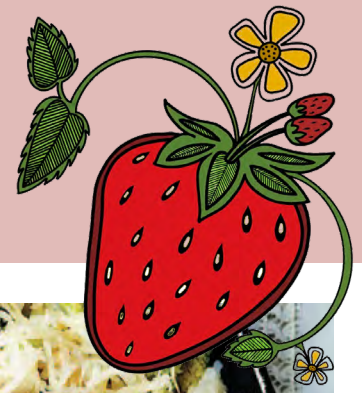
directions

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

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

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

chicken, rice and broccoli with cheese



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



Grains



Meat & Alternatives



Milk & 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

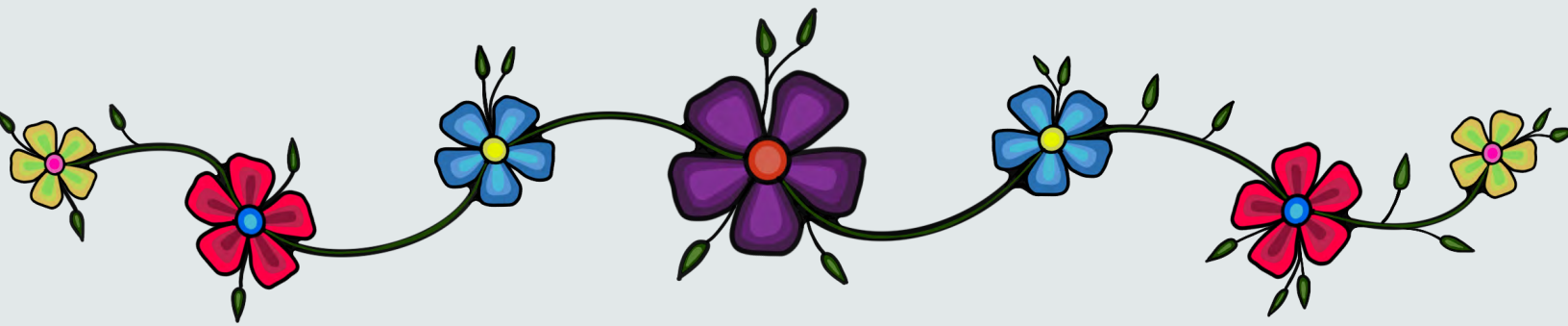
directions

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 17).

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

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





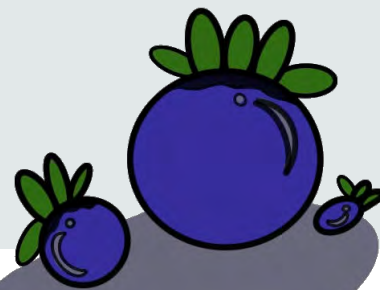
snacks

“

My son loves vegetables. It was hard at first to introduce, but he now likes most vegetables.”

~Juanita Starr

baby trail mix



SERVINGS



Makes 1 cup or 8 ice cube servings

FOOD GROUP



Grains



ingredients

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

directions

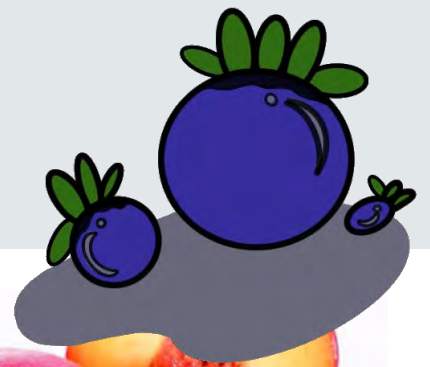
1. Mix ingredients together.

Store in an airtight container for up to 3 days.

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

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

blue peaches



SERVINGS



Makes 2 cups or 16 ice cube servings

FOOD GROUP



Fruits & Vegetables



ingredients

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

This recipe also works with canned pears.

directions

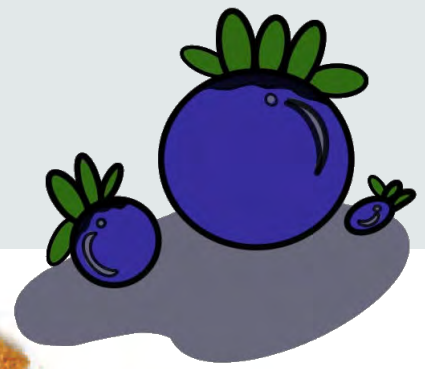
1. Drain the peaches.
2. In a bowl, mash peaches and berries together with a fork to the texture that is right for your baby. Add breast milk or formula as needed.

Blueberry = “**Miinan**”

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

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

baby biscuit



SERVINGS

Makes 15 biscuits

FOOD GROUP



Fruits & Vegetables



Grains



ingredients

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

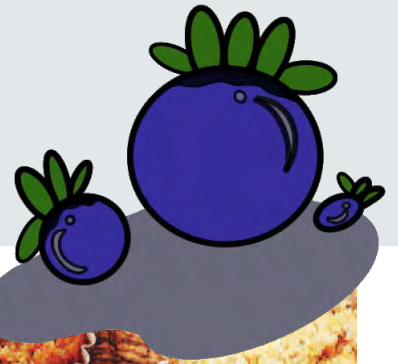
directions

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. a fork to the texture that is right for your baby. Add breast milk or formula as needed.
3. Bake for 20–25 minutes.

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

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

baby muffins



SERVINGS

Makes 6 regular or 18 mini muffins

FOOD GROUP



Fruits & Vegetables



Grains



Milk &
Alternatives



ingredients

- ½ cup (125 ml) flour
- 1 cup (250 ml) iron-fortified infant cereal
- 1 tsp. (5 ml) baking powder
- ¼ cup (75 ml) unsweetened apple sauce or any fruit mash
- ¼ cup (75 ml) plain yogurt
- (2.5% MF or higher)
- 1 tbsp. (15 ml) vegetable oil
- 1 egg

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

directions

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

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

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

progress notes

Six to seven months

Your baby can:

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

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

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

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

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



DID YOU KNOW?

Growth and development of babies vary—not all babies do things at the same time. If your baby can't do these things or you have questions about your baby's development, speak to your health care provider.

Eight to twelve months

Your baby can:

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

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

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

Continue to offer water from an open cup.



Twelve to eighteen months

Your baby can:

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

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

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





my recipes

Recipe Name

of servings

Ingredients:

Directions:

Recipe Name

of servings

Ingredients:

Directions:



my recipes

Recipe Name

of servings

Ingredients:

Directions:

Recipe Name

of servings

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Directions:



my recipes

Recipe Name

of servings

Ingredients:

Directions:

Recipe Name

of servings

Ingredients:

Directions:

appendix a

Making baby food with a blender

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

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



Making baby food with a food grinder

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



appendix b

Caring for your baby's teeth

Babies get bacteria

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

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

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

Brushing your baby's teeth

- Begin brushing your baby's teeth as soon as the first tooth appears.
- Gently brush twice a day using a rice grain amount of fluoride toothpaste on a soft toothbrush.
- Remember to gently brush where the teeth and gums meet.
- Check your baby's teeth often. If you see white or brown spots along the gum line, speak to a dental professional or the Biigtigong Mno-zhi-yaagamig Dental Hygienist.

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

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

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

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

DID YOU KNOW?

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

TOOTH DECAY

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

appendix b

Caring for your baby's teeth

Three things to ask before you offer that snack:

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

Choose the BEST for your child:

Avoid sugary drinks and treats

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

Chew your juice!

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

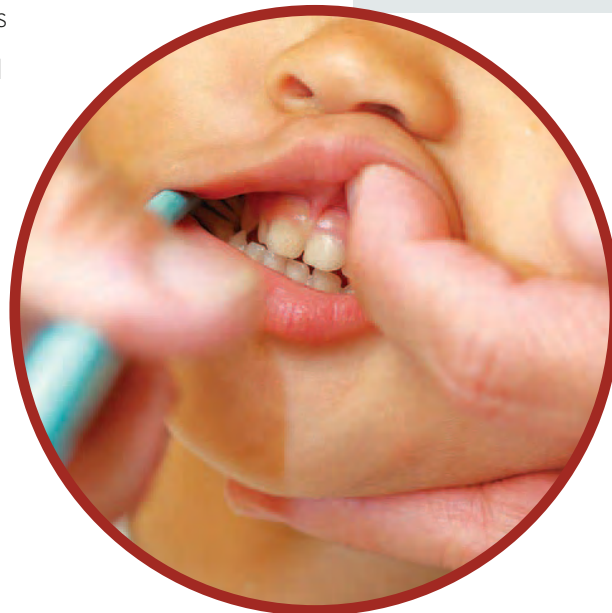
- Fruits contain many vitamins and minerals as well as fibre. Eating an orange or banana or apple or any other fruit often satisfies hunger and thirst.
- When we choose juice instead of fruit we lose much of the nutritional value of the fruit as well as increase the number of calories we are consuming.

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

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

> If you are planning to become pregnant it is best to visit a dental professional to ensure a healthy mouth.

> It is safe to go for a dental visit while you are pregnant.







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For more information visit picriver.com or drop by the centre.