

Yes We Can! Make Homemade Baby Food!



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Faculty

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What are the Benefits?

- Know what's in the food
- More economical
- Healthier (usually)
- Serve what the family eats
- Include baby in family meals
- Expose baby to greater variety of foods

Safety Issues to Ponder

- Infant immune system
- Choking hazards
- Nitrates
- Preventing food borne illness

Infant Immune System

The nonspecific (innate) immunity is not fully developed in the first year of life.

Infant Immune System



- Maturation of the infant gut is affected by breastfeeding
- More probiotics are present in the gut of breastfed infants

Choking Hazards

- Signs of developmental readiness
 - Sits with minimal support and can hold head up
 - Loss of tongue thrust reflex
 - Interested in eating
- Correct texture for acceptance
- Responsive feeding

Nitrates

- Not really an issue if high nitrate foods are not given to infants under 3 months
- Breastfed infants protected
- Foods highest in nitrates include spinach and other leafy greens, green beans, carrots, squash and beets
- Nitrate content of fresh vegetables can increase with storage, especially at room temperature

Preventing Food Borne Illness



First: AVOID *unsafe* Ingredients

- Honey (risk for botulism)
- Home - canned food (may contain harmful bacteria if it was canned improperly)
- Raw, unpasteurized milk or foods made with it

First: AVOID *unsafe* Ingredients

- Outdated canned food
- Food from dented, rusted, bulging, or leaking cans or jars
- Food from cans or jars without labels

Practice the Usual Food Safety Routines

- Clean
- Separate
- Cook
- Chill

CLEAN

- Hands
 - Use warm water, soap and nailbrush
 - Cover cuts with a bandage or gloves



CLEAN

- Hands
 - Wash hands before and during preparation if in contact with raw meats, etc., or if you use hands to cover cough or blow nose; or use the restroom
 - Wash hands long enough! Happy Birthday song, twice

CLEAN: Counters



CLEAN: Produce Removes Dirt, Pesticides, and Bacteria

- Produce should be washed under running water at least 30 seconds
- Even organic and produce that will be peeled should be washed
- Scrub firm produce like melon with a clean brush

CLEAN: Produce

Some produce is better cleaned in a colander or a bowl of fresh water, such as leafy greens, grapes and strawberries.

CLEAN: Produce

- Don't use detergents or bleach solutions
- Vinegar rinse has shown to be effective in reducing bacteria on produce
 - 1:3 ratio of white vinegar to water
 - Spray, rub for 30 seconds and rinse
 - Soak leafy greens and broccoli, etc. and rinse well

CLEAN: Cleaning Items

- Sponges
 - Microwave, dishwasher or bleach solution
- Dishrags and hand towels
 - Replace daily, use bleach solution
- Dish and produce brushes
 - Wash in the dishwasher

SEPARATE

- Keep produce separate from raw meat, chicken, fish, etc. at the grocery store and at home
- Avoid meat juices spilling in the refrigerator



- Use separate cutting boards for raw meats, etc. and food that is ready to eat
- Use a different plate to hold cooked food than plate used to hold raw meats, etc.



COOK

- Cook to safe internal temperatures:
 - All meats - At least 160°F
 - Fish - To at least 145°F
 - All white meat poultry to at least 165°F
- Other food: until steaming and then cool



COOK

- Encourage food thermometer use
- Avoid "Danger Zone": 40°-140° F
- Thoroughly reheat refrigerated or frozen food to an internal temperature of 165°F




Food Safety Resources


- www.homefoodsafety.org
- www.foodsafety.gov

KISS!


- KEEP
- IT
- SIMPLE
- SALLY!



What Do You Need?

- A fork
- A potato masher 
- A blender or food processor or
 - Stick (immersion) blender 
 - Baby food mill
 - Baby Bullet

What Do You Need?

- Something to freeze in or on
 - Ice cube tray 
 - Cookie sheet

What NOT to ADD

- Honey
- Sugar
- Salt
- Hot spices / chile (at least not at first)

What About Herbs and Spices, Onion, Garlic, Etc.?

Treat like any other new food.



**Remember to wait 3 - 5 days
between new foods
to check for allergy.**

**Signs of Allergy: From AAP
healthychildren.org**

- **Skin problems**
 - Hives (red spots that look like mosquito bites)
 - Itchy skin rashes (eczema, also called atopic dermatitis)
 - Swelling

**Signs of Allergy: From AAP
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- **Breathing problems**
 - Sneezing
 - Wheezing
 - Throat tightness

**Signs of Allergy: From AAP
healthychildren.org**

- **Stomach symptoms**
 - Nausea
 - Vomiting
 - Diarrhea

**Signs of Allergy: From AAP
healthychildren.org**

- **Circulation symptoms**
 - Pale skin
 - Light - headedness
 - Loss of consciousness
- **Resource for Food Allergies: Food Allergy Research and Education**
 - foodallergy.org

**What About the Top
Allergenic Foods?**

- **Can be introduced between 4 - 6 months of age, after a few other foods have been tolerated**
- **Introducing any foods before 4 months is associated with higher incidence of atopic dermatitis up to 10 years later**

What About the Top Allergenic Foods?

Delayed introduction, especially allergenic foods, may increase the risk of food allergy or eczema.

(American Academy of Allergy, Asthma, Immunology. Fleicher DM et al. J Allergy Clinical Immunol: In practice. 2013.)

Cooking Tips

- **Cook with as little water as possible**
 - Retains more vitamins
 - Vitamins lost in the water can be added back
- **Steaming**
- **Microwaving - little or no water needed**

Cooking Tips

- **Canned foods**
 - Buy unsalted or rinse well
 - Buy unsweetened or rinse well

**LET'S MAKE SOME
BABY FOOD!**