

HOMEMADE FOODS

Preparation

Wash hands thoroughly
both yours and baby's

Wash tray or eating
surface

Wash preparation
surfaces

Wash food preparation
and food storage
containers

Wipes...pick and choose



Storage

Iron rich foods in fridge
up to 48 hours

Store frozen up to one to
three months

Offer a portion in a bowl
and discard unfinished
after a meal

Saliva starts breakdown
of food



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