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# Baby Food Recipes

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This document provides information on feeding babies in the first year of life, and examples of how to make baby food from tinned vegetables.

## FEEDING BABIES IN THE FIRST YEAR OF LIFE

- The World Health Organisation and UK Department of Health recommend babies only have breastmilk or formula milk until 6 months of age, as this provides all of the nutrition and hydration they need. This is best for babies growth, development, and digestive health.
- From around 6 months of age foods can be introduced in addition to breast or formula milk. This is known as complimentary feeding or weaning. Food does not have to be very soft or pureed as babies from this age are able to swallow effectively and manage foods in their mouth with practice
- There are **3 key signs** that show a baby is ready to start introducing foods:
  - They can stay sitting up and hold their head steady.
  - They can co-ordinate themselves so that they can look at the food, pick it up and put it in their mouth all by themselves.
  - They can swallow food. If the baby is not ready they may spit or push the food out of their mouth.

For more information visit: <https://www.firststepsnutrition.org/eating-well-infants-new-mums>

## TIPS FOR INTRODUCING FOOD TO BABIES

- **Never add salt or sugar to food for babies.** Offer simple, minimally processed food where possible and avoid highly processed foods
- Prioritise giving babies **savoury flavours** so they get used to them, it is recommended to **start complimentary feeding (weaning) with vegetables.** Start by giving 1 vegetable at a time to introduce new flavours, then try combining vegetables. Using colourful vegetables will be attractive for the baby, and including different types provides a range of nutrients.
- **Fresh, frozen and tinned vegetables can all be used.** Tinned vegetables and beans can be **higher in salt which is not recommended** for babies so rinse them with water to reduce this or choose no added salt options if possible.
- Babies **from 6 months old** can be introduced to **different textures** such as smooth (e.g. plain yogurt), mashed (e.g. mashed beans) and finger foods (e.g. a baton of banana or boiled carrot). Encourage your baby to get involved in feeding themselves and having fun at mealtimes.
- If giving **tinned fruit avoid those in syrup** - stick to those in juice or water.
- An ice-tray can be used as an easy way to freeze and store mashed foods and purees for use later
- **Textures can be modified using breast or formula milk or water.** It is important to introduce increasingly lumpy textures of foods babies get used to lumps in food. Make sure there are no pips/stones or tough pieces and avoid large pieces that **could cause choking** such as whole grapes, whole nuts or seeds, chunks of raw fruit or vegetables, or chunks of meat or cheese. **Always stay with babies when they are eating.**
- From 6 months of age whole cow's milk or unsweetened plant alternative drinks (not rice milk) such as soya can be **used in cooking but not as the main milk.**
- As the baby gets older and more confident with food, they can start eating a range of family foods with no added salt or sugar.

## Mashed Beans



The recipes included give examples of how to make baby food from canned fruits and vegetables. These are designed for babies around 6-7 months of age.

### Equipment

- Tin opener
- Fork
- Bowl
- Ice tray (if storing excess in the freezer) or food container

### Ingredients

- 1 tin of beans e.g. butter beans, cannellini beans, chickpeas (check the label for look for “BPA-free lining” and “no added salt” if possible)
- Milk (breastmilk, formula milk, whole milk or unsweetened plant milk) or water for thinning the mixture if necessary

### Serving Size

- Start by introducing 1 tablespoon or 1 fully thawed ice cube of the bean mash.
- This recipe makes approximately 10 tablespoons.

### Steps

1. Open the tin of beans. Pour out the liquid from the tin and rinse the beans in water.
2. Pour the beans into a bowl and mash up with the fork. Make sure there are no big chunks/whole beans left that could cause choking.
3. If the mixture is too thick add a little milk / water and mash again until mixed in. It is ready to serve!
4. If freezing, fill an ice tray with the mash and put into freezer. Otherwise it can be stored in an airtight container in the fridge for 2 days.
5. To defrost, thaw overnight in an airtight container in the fridge.



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# Mashed Vegetables



The recipes included give examples of how to make baby food from canned fruits and vegetables. These are designed for babies around 6-7 months of age.

## Equipment

- Tin opener
- Fork
- Bowl
- Ice tray (if storing excess in the freezer) or food container

## Ingredients

- 1 tin of beans e.g. butter beans, cannellini beans, chickpeas (check the label for look for “BPA-free lining” and “no added salt”)
- Milk (breastmilk, formula milk, whole milk or unsweetened plant milk) or water for thinning the mixture if necessary

## Serving Size

- Start by introducing 1 tablespoon or 1 fully thawed ice cube of the carrot mash
- This recipe makes approximately 10 tablespoons.

## Steps

1. Open the tin of carrots. Pour out the liquid from the tin and rinse the carrots in water.
2. Pour the carrots into a bowl and mash up with the fork. Make sure there are no big chunks left that the baby could choke on.
3. If the mixture is too thick add a little milk / water and mash again until mixed in. It is ready to serve!
4. If freezing, fill an ice tray with the mash and put into freezer. Otherwise it can be stored in an airtight container in the fridge for 2 days.
5. To defrost, thaw overnight in an airtight container in the fridge.



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## Mashed Fruit



This recipe is suitable for babies aged 6 months and above. It is generally recommended that vegetables are introduced and accepted before fruits, as babies tend to prefer the sweet taste of fruit.

### Equipment

- Tin opener
- Fork
- Bowl
- Ice tray (if storing excess in the freezer) or food container

### Ingredients

- 1 tin of peaches in juice not syrup (check the label for look for “BPA-free lining”)
- Milk (breastmilk, formula milk, whole milk or unsweetened plant milk) or water for thinning the mixture if necessary

### Serving Size

- Start by introducing 1 tablespoon or 1 fully thawed ice cube of the peach mash
- This recipe makes approximately 10 tablespoons.

### Steps

1. Open the tin of peaches. Pour out the liquid from the tin and rinse the peaches in water.
2. Pour the peaches into a bowl and mash up with the fork. Make sure there are no big chunks left that the baby could choke on.
3. If the mixture is too thick add a little milk / water and mash again until mixed in. It is ready to serve!
4. If freezing, fill an ice tray with the mash and put into freezer. Otherwise it can be stored in an airtight container in the fridge for 2 days.
5. To defrost, thaw overnight in an airtight container in the fridge.