

FOOD FOR BABY

FRUIT

- STRAWBERRIES
- BANANAS
- BLUEBERRIES
- RASPBERRIES
- KIWI
- MANGO
- MANDARIN ORANGES (CUTIES)
- FREEZE DRIED FRUIT
- GRAPES

VEGGIES

- PEAS
- CORN
- COOKED ASPARAGUS TIPS
- CUT UP GREEN BEANS
- STEAMED BROCCOLI
- STEAMED CAULIFLOWER
- STEAMED CARROTS
- CUCUMBERS
- AVOCADO
- POTATO (BAKED)
- SWEET POTATO (ROASTED)
- SQUASH (STEAMED)
- ZUCCHINI (STEAMED)
- GRAPE TOMATOS
- OLIVES
- FREEZE DRIED VEGGIES

DAIRY

- STRING CHEESE
- COTTAGE CHEESE
- YOGURT BITES (FREEZE)
- BITE SIZE YOGURT DOTS)
- LITTLE YUMS

MEAT

- PIECES OF FISH
- FISH STICKS
- CUBED TURKEY
- CUBED CHICKEN
- CHICKEN STRIPS OR NUGGETS
- CUBED HAM
- SCRAMBLED EGGS
- BOILED EGGS

SNACKS/MEALS

- CRISPY CHEWS
- EARTH'S BEST HAPPY SNAX
- FIDDLESTICKS
- CUT UP FRUIT POPSICLES
- APPLESAUCE
- ALMOND BUTTER (FOR SPREADING ON TOAST OR FRUIT/VEGGIES)
- ORGANIC FRUIT SNACKS
- RAISINS
- APPLE SLICES AND PEANUT BUTTER
- GRAHAM CRACKERS
- HUMMUS ON CRACKERS
- SANDWICH BITES
- QUESADILLA
- TEETHING WAFERS
- CHEERIOS
- WHOLE GRAIN CRACKERS
- MACARONI AND CHEESE
- GOLDFISH/BUNNIE CRACKERS
- GERMAN PANCAKES
- FRUIT LEATHER
- BABY FOODS IN A POUCH
- JAMMY-SAMMYS
- CUT UP CREPES WITH FRUIT, PEANUT BUTTER AND APPLESAUCE
- CHICKEN AND NOODLES

GRAINS/LEGUMES

- WHOLE GRAIN PANCAKES (DIP IN APPLESAUCE)
- MUFFINS (BROKEN UP)
- CORN BREAD
- RICE
- MUM-MUMS
- QUINOA
- CUT UP PASTA
- WHOLE GRAIN CRACKERS
- ORGANIC PUFFS
- BLACK BEANS (RINSED)
- KIDNEY BEANS (RINSED)
- PINTO BEANS (RINSED)
- CHICKPEAS