

Compare the Cost of Homemade Baby Food to Commercial Baby Food



A Few Good Reasons To Make Your Own Baby Food

★ You have total control over what is put into your baby's food and you know it's free of additives that a tiny tummy simply does not need!

★ You have taken the extra steps to ensure only high quality foods are selected. Do the commercial baby food companies put this much love and care into their jars?

★ All the tools you need are probably already in your kitchen.

★ Your baby is exposed to a greater variety of tastes and textures making the transition to table foods less stressful.

★ You feed your baby according to his/her needs and cues. As you are controlling the texture and ingredients, you know what foods are best suited for YOUR baby.

★ Healthy eating habits develop earlier as your involvement is dedicated to making only high quality, healthy baby foods and snacks. Your baby will benefit from these healthy eating habits long after that college diploma is in hand!

★ Extra benefit! You save money; not only in the cost of the actual food, but in the nutrient ratio as well. You get more nutrients for you dollar and your baby gets more nutrients for his growing body!

Compare the Cost of Homemade Baby Food to Commercial Baby Food



Cost Comparison

One of the most commonly asked questions is "Is it worth it to make my own baby food when the jars are so convenient? The jars aren't really THAT expensive are they?"

The cost benefits are just another bonus of Making Your Own Baby Food that adds to the Nutritional and Health Benefits!

This is specifically true as baby moves to "Stage 2-3, or Toddler Meals" commercial foods. Stage 1 foods seldom have fillers however the advanced line of baby foods contains starchy fillers and other ingredients that are not of any nutritional value.

For more information on this, please read: Cheating Babies - Nutritional Quality & Cost of Commercial Baby Foods at <http://www.cspinet.org/reports/cheat1.html>.

We have prepared a crude chart, without fancy statistics or graphs, to give you an idea of what the monetary cost savings may be. The prices below are reflective of the Southern New England - USA market; non-Organic produce. Prices vary and your savings may vary from a just a few pennies to \$.10 or more!

Remember that the cost savings is an additional benefit; beginning good healthy eating habits early and knowing exactly what is going into your baby's tummy is really priceless!

Compare the Cost of Homemade Baby Food to Commercial Baby Food

Cost Comparison Chart

Food	Brand	Brand	Brand	Brand
Fruit or Veggie	Gerber 2.5oz Jar	Beechnut 2.5oz Jar	Earth's Best 4oz Jar	Ice Tray 12 oz.
Peas	\$.59 per jar divided by 2.5oz =	\$.59 per jar divided by 2.5oz =	\$.69 per jar divided by 4oz =	\$.89 per 16oz bag frozen peas divided by 24oz = (2 Ice Trays)
	\$.23 per ounce	\$.23 per ounce	\$.17 per ounce	\$.04 per ounce
Bananas	\$.59 per jar divided by 2.5oz =	\$.59 per jar divided by 2.5oz =	\$.69 per jar divided by 4oz =	\$.47 per lb divided by 36oz = (3 Ice Trays)
	\$.23 per ounce	\$.23 per ounce	\$.17 per ounce	\$.01 per ounce
Sweet Potatoes	\$.59 per jar divided by 2.5oz =	\$.59 per jar divided by 2.5oz =	\$.69 per jar divided by 4oz =	\$.89 per pound (3 sweet potatoes) divided by 24oz = (2 Ice Trays)
	\$.23 per ounce	\$.23 per ounce	\$.17 per ounce	\$.04 per ounce
Applesauce	\$.59 per jar divided by 2.5oz =	\$.59 per jar divided by 4oz =	\$.69 per jar divided by 4oz =	\$.99 per pound (5 Macintosh apples) divided by 36oz = (3 Ice Trays)
	\$.23 per ounce	\$.23 per ounce	\$.17 per ounce	\$.03 per ounce

Compare the Cost of Homemade Baby Food to Commercial Baby Food