



Name: _____

How to serve homemade baby food

Warming up My Homemade Baby Food – Please use the following method:

_____ **Submersion Method to Thaw and/or Warm**

- Place my baby food cubes in a covered small bowl
- Place the bowl of baby food cubes in a larger bowl filled with hot water
- Thaw or Warm my baby food cubes using this submersion method for approximately 10-20 minutes.

_____ **Microwave Method to Thaw and/or Warm**

- Place my baby food cubes in a small covered bowl
- Place the bowl of baby food cubes in the microwave for 20-30 seconds; stir when finished
- Test the temperature please
- Repeat if needed to fully thaw or warm my baby food cubes
- Please stir my baby food cubes before serving to ensure that there are no hidden “hot spots” to burn me

_____ **I Like to Eat the Food at Cold or at Room Temperature**

- Place my baby food cubes in a small covered bowl
- Place the bowl of cubes in the refrigerator until I am ready to eat
- You may place the bowl on the counter approximately 15 minutes prior to serving.
- Please do not leave my baby food cubes on the counter to thaw
- Please do not let my baby food cubes sit around on the counter for longer than 15 minutes

Preparing to Feed Me the Warmed Baby Food Cubes:

- Stir my thawed or warmed baby food cubes with a spoon
- Transfer my baby food cubes to another bowl _____ or feed me from the bowl used to thaw/warm _____
- Please add water _____ formula _____ breast milk _____ juice _____ if needed to reconstitute my baby food cubes
- If you are feeding me from the bowl that you used to thaw and/or warm my baby food cubes, please be sure to throw away any uneaten food!

Thank You! Now Let's Eat!

