

Ideas for Using WIC Baby Foods

Congratulations! Your baby is moving from pureed foods to finger foods and some table foods. Are you looking for more ways to use stage 2 baby foods from your WIC checks? Here are some ideas!

Baby Fruit Ideas:

- ❖ Mix into unsweetened applesauce
- ❖ Mix into cottage cheese or yogurt
- ❖ Add to a bread/muffin recipe or pancake mix (ex: banana)
- ❖ Spread on toast or bread
- ❖ Add to smoothies
- ❖ Dipping sauce for crackers and other finger foods

Baby Vegetable Ideas:

- ❖ Mix into sauces, soups, casseroles and stews
- ❖ Mix into meatballs
- ❖ Mix into mashed potatoes
- ❖ Add to scrambled eggs
- ❖ Pour over rice/noodles or into mac & cheese

If you do not think you will use all the stage 2 baby fruit and vegetables from the WIC checks, you do not have to buy them. *Only buy what you will use.*



FOOD SAFETY IS IMPORTANT

Refrigerate jars of baby food within 1 hour after opening. Baby foods will last 2 days in the refrigerator after opening if your baby's saliva (spoon) has not touched the food.

This institution is an equal opportunity provider

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Teething Biscuit Recipe

1 c flour
1 c dry **infant rice cereal**
1/3 c. **fruit or veggie puree**
2 tbsp vegetable oil
3 tbsp water

Preheat oven to 425 degrees.

In a bowl, mix together flour and cereal. Add in oil, puree and water. Mix until dough comes together to form a firm, non-sticky dough. Add water or flour (1 tablespoon at a time) if necessary.

On a lightly floured surface, roll the dough out about 1/2 inch thick and cut into shapes or bars. Bake on a greased cookie sheet for 10-12 minutes, or until slightly brown. Allow to cool completely and store in an airtight container.

Yield: approximately one dozen

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