

BABY FOOD ON A BUDGET

(<https://www.freshbaby.com/baby-food-on-budget/>)



When it comes time to feeding your baby solid foods, your initial vision might be dipping a spoon into a little jar of pureed peas, carrots or bananas. Did you know that your baby will eat about 600 of these cute little jars of baby food? And that the cost of all these jars can add up \$400-\$600?

If you are interested in making a HUGE dent in this baby budget line item, we recommend you make your own baby food. Now don't laugh, roll your eyes or start trembling at the thought of cooking – most people find it surprisingly simple and quick to make baby food.

Homemade baby food will cost less than \$100, saving your family up to a whopping \$500! And before you say "but who has the time", think about using the tried n' true ice cube tray method of making baby food. It will take only 30 minutes per week! There are not many things you can do in 30 minutes a week to save hundreds of dollars.

Here are the four basic steps to making baby food:

Step 1: Start with fresh fruits or vegetables. Depending on the type of food, you will need to wash, chop, and peel the fruits and vegetables. If you are using frozen produce, simply open the package.

Step 2: Cook the food in the microwave or steam the food on the stove. Foods are done when they can be pierced or mashed easily with a fork.

Step 3: Pour the food and cooking juices into a food processor or a blender and puree to a soft and velvety texture. You may need to add water to get the right texture.

Step 4: Spoon the food puree into ice cube trays. Cover and place them in the freezer. When frozen, pop the baby food cubes out into a freezer storage bag. Baby food cubes stay fresh for up to two months in the freezer.

When it comes time to feed your baby, simply select baby food cubes from the freezer, defrost and the rest is YUM!

There are few more money saving secrets to making baby food:

- Buy fresh produce that is on sale or in season

- Use coupons for frozen fruits and vegetables

- Make baby food in large quantities and freeze it in single servings

Who knew, with a blender, some fruits and vegetables, and a few minutes in the kitchen would save hundreds of dollars? Now – you do. Happy Parenting!