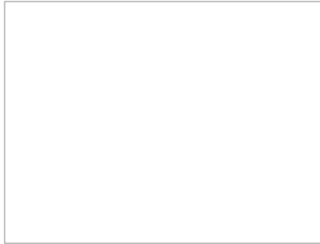


Introducing Your Baby to Solid Foods

Mon, 04/23/2012 - 4:33pm -- Saladmaster



Making fresh, homemade food for your baby is easy, economical and good for the environment!

Key points to remember when making homeade baby food and introducing solid foods:

- When introducing new food to your baby, follow the four day wait rule - don't introduce more than one new food at a time. This will test for any food allergies your baby may have.
- Options - babies are just like the rest of us, they have their own individual likes and dislike and their own tolerance to different foods and textures. Experiment with different foods to find the ones that your little one likes.
- When preparing homemade baby food, make sure hands, cooking utensils and pans are clean. Plus, if you own Saladmaster, you're already ahead of the game because Saladmaster pans are made with 316Ti Stainless Steel that protects the quality, purity and flavor of food; resists chemcial reaction with the acids and enzymes in food; and is easy to clean.

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