

# Making Baby Food Resources

## Purees:

- Academy of Nutrition and Dietetics
  - <https://www.eatright.org/health/pregnancy/babys-first-foods/how-to-make-homemade-baby-food>
- Baby Foode
  - <https://babyfoode.com/blog/baby-food-puree-menu-6-month-old/>
- Family Food on the Table
  - <https://www.familyfoodonthetable.com/introducing-baby-food-schedule/>
- Yummy Toddler Food
  - <https://www.yummytoddlerfood.com/homemade-baby-food/>



L. Carboni, RN, BSN, IBCLC