



— Tribal Food Distribution —

Baby Food & Cookbook Resource Guide



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1. mail: Food and Nutrition Service, USDA
1320 Braddock Place, Room 334
Alexandria, VA 22314; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: FNCSIVILRIGHTSCOMPLAINTS@usda.gov

This institution is an equal opportunity provider.

The following are suggestions and best practices, as always please consult your pediatrician or primary care provider if you have any questions.

Cover Boy: Rogue Didatinidohi Woodard
Age: 7 months old
Parents: Madison Crowe Woodard and Logan Woodard
Community: Big Y Community

Welcome to the EBCI Tribal Food Distribution baby food cookbook and resource guide, a collaboration with WIC and the USDA. We collaborated with all the EBCI Public Health resources that you and your little one will have all the resources you need to stay healthy and strong.

Here at Tribal Foods, we believe that no one should lack access to food and do our very best to help with food insecurity. If you need help with finding food resources, please contact our office at 828-359-9751. Tribal Foods offers a variety of fresh fruit and vegetables as well as protein sources such as Bison, Salmon, and Chicken. We do not count Tribal per capita distributions as your income and will work with your schedule for pick up times as well as home delivery sources.

For nutrition information and cooking demonstrations follow us on Facebook Page @CherokeeTribalFoodDistributionProgram or TikTok @EBCI Food Distribution

The Tribal Food Distribution Program

is dedicated to distributing nutritious foods to eligible households living within the four county areas of the Qualla Indian Boundary (lands in Jackson, Swain, Cherokee and Graham counties) and fall within USDA regulations. Service through the Food Distribution Program allows participants to select food items to help meet their nutritional needs. USDA has developed a well-balanced food package for each participating household member. Dry goods, canned fruits, vegetables, meats and a choice of different types of fresh produce and frozen meats are available in the food package. The food packages are based on the size of the family and are to supplement the families' food needs for the month.

In-person interviews are required for all applicants. Please download the EBCI Tribal Food Distribution Application to learn what information is required and what to bring with you when you come in for your interview: food.ebci-nsn.gov/program-information/ We do not count Tribal per capita distributions as income.

This program is funded through the United States Department of Agriculture (USDA) and the Eastern Band of Cherokee Indians. Services are provided through the Food Distribution Center and two tailgate sites.

The first Tuesday of the month food is distributed at the Snowbird Community Center and Cherokee County.



Cameron Hemphill, Age: 8 Months,
Parents: Parents Chelsea Martinez
and Coy Hemphill, Tsalsdoni



Daryn Lambert, Age: 8 months, Parent: Amy L. Teesateskie

Help your baby to be **HEALTHY** by providing them breastmilk or baby formula with iron until they turn 1 year old. Your baby might drink breastmilk or formula 4 or more times a day.

Remember to hold your baby when you feed them because it encourages them to feel safe. Just because they stop eating to look around or talk does not mean that they are full. Talk to them a little bit and continue to feed them. They just want to show you how much they love you.

Feed your baby with not just **LOVE** but with **HEALTHY** foods!

Your baby knows when they are hungry and when they are full. Let them decide when they want to stop eating. Babies show you when they are hungry by:

- Moving their arms and legs
- Turning their head and making a sucking sound
- Sucking on their hands or fussing a little

Your baby will show you they are full by:

- Stop sucking and let go of the nipple
- Look like they are sleepy
- Frown, fuss, and kick if you try to feed them
- Turn their head away when you offer them food

You can always offer the breast, bottle or spoon one more time to make sure they are done eating.





Joella R Owl, Age: 1, Parents: Joseph M Owle & Kelsey S Owle,
Community: Wolfstown

Help your baby **LEARN** to **EAT NEW** foods!

You will know when your baby is ready to eat other foods besides milk when:

- They can sit and hold their head steady
- Show you they want food when they open their mouth when you are feeding yourself

Keep your baby **SAFE** when they eat by washing your hands and theirs before you fix their food **OR** before you feed them. **REMEMBER** to check the foods temperature before you feed them to make sure it is not to **HOT**.

Foods that can make your baby sick:

- Raw or undercooked meat
- Raw or soft, cooked eggs
- Unpasteurized fruit juice or cider
- Honey or food made with it
- Cold precooked meat or deli meats

BABIES need to **TRY** one **NEW** food at a time

Let your baby try one new food at a time, introducing one new food a week. Keep an eye out for vomiting, wheezing, rash, or diarrhea. These may be signs of allergies or that your baby is not ready to try new food. If your child experiences these symptoms stop feeding them and call their doctor.

ALL babies when trying new foods will spit it out and they might even make a face. Do not force them to eat the food but offer them the food multiple times. Your baby will open their mouth when they want another bite or turn their head when they are done. Your baby may need as many as 10 times of trying the food before they can decide if they like it.

Your baby does not need to eat foods with added sugar, salt, butter/oil or gravy. Their little tummies often times can not process these items and it might make them feel sick. These are good foods for your baby to try:

- Infant cereal: rice, oatmeal, barley
- Vegetables: squash, peas, carrots, green beans, spinach, pumpkin, and more!
- Fruits: apples, peaches, banana, pears, apricots, berries, and more!
- Proteins: beans, lentils, soft cooked meats, scrambled egg, tofu

Choking Hazards

Your baby should be seated and supervised during meals and snacks. Talking, crawling or walking around, lying down, or riding in a vehicle all increase the risk of choking.

From 6-12 months avoid:

- Hard foods: candy, nuts, popcorn, seeds
- Raw foods: vegetables and hard fruits
- Round, slippery foods: meat or cheese sticks, hot dogs, whole grapes or cherry tomatoes
- Sticky foods: peanut butter, dried fruits
- Sharp foods: chips, crackers
- Chewy foods: tough meats, chewing gum

Let your baby eat food with their fingers at around 8-9 months

When your baby is **8-9 months**, they might want to start eating foods with their fingers. You will still need to use a spoon to feed them, but they will want to try and feed themselves too.

Ideas for safe and healthy finger foods include:

- Tiny pieces of cooked, soft vegetables and fruits
- Tiny pieces of cooked meats
- Cooked and mashed beans, eggs, or tofu
- Chopped noodle or rice

Your baby should eat....

Start with 1-2 tablespoons of one food in a bowl. As your baby learns to eat, they may want more food. It is good to let them eat until they act full or lose interest. Some meals will be just breast milk or formula while others may include breastmilk or formula while others may include breastmilk/formula +1 or more foods. Your baby needs about 5-6 meals a day.

- Let them eat until they act full. They might close their lips, turn or shake their head, or raise their arm. Ask them if they are full. Then, let them stop eating if they want to.
- Eat with your baby at family meals. They will eat better with you when you are with them. Turn off the TV so that you may spend time as a family together.

You will know if your baby is eating enough because the doctor will say they are gaining weight and growing well.

Teach your baby to drink from a cup

Use a small cup that does not break. Pour a little water into it. Lift the cup so it touches your baby's lips and they get a taste.

Your baby will need practice. Let them drink from a cup at meals. Offer them breast milk, formula, or plain water in a cup. Hold the cup and let them take small sips. By your baby's FIRST birthday, they should no longer be drinking from a bottle.

Play with me!

- Put me on a blanket on the floor and sit down with me.
- Put a toy just out of my reach so I can move to get it.
- Roll a ball to me. Hold both my hands and let me walk with you.

Look what I can do!

Your baby loves to learn from you. Read to them. Sing them songs. Play games like peek-a-boo and SO big. Take them on walks and as always - keep a good eye on them!

6-9 Months

- I can sit up and roll over.
- I will start to creep and crawl.
- I like to shake things and drop them to see what happens.

9-12 Months

- I like to use my hands. I can hold a cup.
- I like to point and wave bye-bye.
- I like to say da-da and ma-ma.
- I can pull myself up and stand



Ellie Millsaps, Age: 2,
Parent: Zae Millsaps,
Community: Paint Town

Healthy Teeth, Healthy Smiles

Mellie Burns , RDH, PDHC the Children's Dental Manager for the EBCI wants you to know that from a nutrition standpoint here's an excerpt from the American Academy of Pediatrics Volume 139, Issue 6 June 2017

"It is optimal to completely avoid the use of juice in infants before 1 year of age. When juice is medically indicated for an infant older than 6 months, it is prudent to give the juice to the infant in a cup. Dental caries have also been associated with juice consumption.⁴⁶ Prolonged exposure of the teeth to the sugars in juice is a major contributing factor to dental caries. Recommendations from the AAP and American Academy of Pediatric Dentistry state that juice should be offered to toddlers in a cup, not a bottle, and that infants not be put to bed with a bottle in their mouth.^{47,48} The practice of allowing children to carry a bottle, easily transportable covered cup, open cup, or box of juice around throughout the day leads to excessive exposure of the teeth to carbohydrate, which promotes the development of dental caries.⁴⁹"

So many people mistakenly think "fruit" juice is a healthy option-we both know it's not. NO liquids other than breastmilk, formula or water should ever be put in a child's bottle, nor should a child be put to bed with a bottle. Once juice is introduced open rimmed training cups are a much better option than traditional sippy cups. If juice is offered, diluting it in half with water helps lessen the negative effects, but should only be given with meal. Children should not have free access to cups or bottles, unless they contain only water.



Wipe Smear Brush

Before teeth come in, wipe baby's mouth with a moist cloth or special baby gum brush.



When teeth start to come in, around 4-8 months, start using a small smear of toothpaste.



This is easy if you wipe toothpaste across the brush. Use this amount until your child's third birthday.

After your child reaches age 3, use a pea-size dab of toothpaste.

Use fluoride toothpaste every morning and night.



Check after your child brushes to make sure their teeth are clean.

Know Your "B's"

Brush, Book, Bed



Brush

Help your children brush for two minutes, twice a day, with fluoride toothpaste.



Book

Read a story (or two!) to your children every day.



Bed

Have a regular bedtime, and start your nighttime routine 30 min before bed each night.



More info at oralhealthnc.org/brush-book-bed



NC ORAL HEALTH
COLLABORATIVE



SSƏVE SO'APVA Deganadogv Ganvgolidodi BRUSH "Clean your teeth"

WP TƏWƏWƏWO', WP TGQSW
dYC'OL, SSƏVE SO'PBAI EI JHFC
JƏDSPƏDƏDƏ O'HO'SPA JƏVET

Tali iyatawostanv, tali iyuwagata tsugitsvnda, deganadogv ganvliyedi gvdi, diniyotli hisdeligesdi uninvgalidi tsunadogvi.
Help your children brush for two minutes, twice a day, with fluoride toothpaste.



AQSP
Goweli BOOK

JƏVLƏL UZPQƏDY SƏAPBƏDƏ
(DƏ WPƏ) GTP JHFC

Tsunadodagwvda kanoheivsgj dehigoliyesdi (ale taliha) tsatseli diniyotli.

Read a story (or two) to your children every day.



Shb Ganisi BED

O'KƏSƏ DBO'ƏDƏ GPƏDƏ, ZƏ SPBH R DBP
O'ƏO'ƏDƏ ƏƏBƏLƏ ƏLƏHƏD'ƏDƏ O'KƏSƏ
ƏƏ'ƏƏT. KƏDƏ TƏWƏWƏWO' DE'S ƏƏBƏLƏ
O'KƏSƏ TƏC'Ə GPƏDƏ YW GBƏ'ƏDƏ

Usoyiha asinvsdi tsahesdi, nole dulisiniv ayeli uwenvsdi hanasinegv hadalenisgesdi usoyiha hadvnehvi. Tsosgo iyatawostanv agvyi hanasinegv usoyiha iyatsvdi tsahesdi kila tsasinvsdi.

Have a regular bedtime and start your nighttime routine 30 min before bed each night.

Health and Safety Tips

- Take your baby to visit the doctor when they are 6 months, 9 months, and one year of age. They need checkups and shots to stay healthy.
- Never leave them alone when you are changing them, bathing, or feeding them.
- Have your baby sit up to eat.
- Never put your child to bed with a bottle. They can choke, get an earache, or ruin their teeth. They want to be held and loved while they are drinking their bottle.
- Clean their teeth twice a day with a clean, wet, soft cloth or toothbrush.
- Continue to put them on their back to sleep. Do not let them sleep on a couch.
- Be sure to ask what food and how much food they ate if other people have fed them.
- Let them explore and learn. Look at each room in your house as if you were crawling. This will help you to see if there is anything you need to remove or cover up (like an outlet or a choking hazard).
- Buckle your baby into an infant car seat when you and baby ride in a car.
- Install an infant seat in the car's back seat, facing backwards.
- Keep your baby and children away from cigarette smoke, drugs, and alcohol. Those habits are not healthy for you or them.

REMEMBER to APPLY a sunscreen every 2 hours that protects against UVA and UVB when outdoors.



Go-gi Jumper, Age: 7 months,
Mother: Bri Jumper, Community: Piney Grove

Nurse Family Partnership is a community health program

that helps pregnant mothers and their babies. Each mother served by NFP is partnered with a registered nurse early in her pregnancy and receives ongoing nurse visits that continue through her child's second birthday.

What Will My Nurse Help Me Do?

Your nurse will guide you to:

- Have a healthy pregnancy and a healthy baby
- Become a better parent
- Build a strong network of support for mother and baby
- Make my home a safe place for my baby to live and play
- Get referrals for healthcare, childcare, job training, and other support services available in my community
- Find ways to continue my education and develop job skills
- Set goals for my family's future and find ways to help me reach them.

Can My Baby's Father Participate Too?

Nurse-Family Partnership encourages fathers, family members, and even friends to be involved in visits and learn how they can support you.

Our program is free of charge

All we are requesting is participation from you and your unborn child. If interested, please contact our office to schedule an appointment. We would love to be of service to you.

ELIGIBILITY REQUIREMENT GUIDELINES:

1. Must be pregnant.
2. Must voluntarily enroll in program no later than 28 weeks pregnant.
3. To be eligible on the basis of income, applicants' gross income (i.e. before taxes are withheld) must fall at or below 185 percent of the U.S. Poverty Income Guidelines. NOTE: A person who currently receives Medicaid, Food and Nutrition Services (Food Stamps), and/or Women, Infants and Children (WIC) Services automatically meet the income eligibility guidelines for NFP.

For Questions Contact:

Tricia Carver, BSN, RN Nurse Supervisor 828-359-6250 828-788-4401

EBCI WIC Program

Children up to 5 years of age, infants, pregnant women, breastfeeding women who have had a baby in the last 12 months, and women who have had a baby in the last 6 months.

- Must be enrolled OR child is an enrolled member
- Must meet income guidelines
- Medicaid automatically qualifies you for WIC
- If there is income, applicants must bring the most recent check stubs indicating 30 days of pay.

WIC Offers

- Quality nutrition and health education
- Breastfeeding support, promotion, and education
- Benefits for specific, free, nutritious foods
- Referrals to Health Care

When you go to apply for WIC, please remember to bring:

1. Proof of identification (for all individuals applying for WIC)
2. Enrollment card(s) (for all individuals if applicable)
3. Proof of income (for all household members with income) or Medicaid card(s)
4. Proof of residence (where you live)

Importance of Breastfeeding

- WIC strives to increase the initiation, duration and exclusivity of breastfeeding among women enrolled in the program.
- WIC has a breastfeeding peer counselor support program that provides mother-to-mother counseling and education along with trained staff to assist mothers in making informed decisions about their infant feeding choices.
- WIC offers breastfeeding aids such as manual and electric breast pumps.
- WIC breastfeeding mothers receive an exclusive breastfeeding food package with increased benefit amounts.

For Questions contact: Kim Lambert Program Manager,
828-359-6234 or 828-359-7297



Rain Lord, Age: 10 months,
Parent: Jennifer Wilson,
Community: Paint Town

Children's Dental Program

Early Education About Caring for Your Teeth is important to life-long quality of life. Children's Dental works with daycare centers and schools to provide that information in an age-appropriate format and provides dental screenings in the daycare centers and schools on the Qualla Boundary.

Once a year, near the beginning of the school year, we visit the schools and childcare centers to provide free dental screenings, exams and fluoride varnish. Each parent/guardian is notified of the results of the dental screening. If your child needs further treatment and you are eligible to use the services at the Cherokee Hospital, you may schedule an appointment with a pediatric dental team member at the Cherokee Indian Hospital Authority Dental Clinic (828-497-9163, ext. 6478).

We also see eligible children ages 7-17 years of age in the orthodontic program. We coordinate children's braces and surgeries, dental exams and treatment with the Cherokee Dental Clinic and Cherokee County Clinic. We determine eligibility, set up appointments, assist with paperwork; and provide cleanings, x-rays and fluoride varnish. We are available to speak at civic and community groups, and we participate in health fairs, parents meetings and other health related activities held in the community.

Dental decay is the number one chronic disease among children, occurring 5 times more frequently than asthma. However, dental decay can be completely prevented! One way to help prevent this disease is to protect the chewing surfaces of back teeth with dental sealants. It is important for proper dental care to start as soon as a child is born. Keeping your baby's mouth clean is the first step in helping your child avoid future dental problems. Additionally, it is very important for a child's first dental visit to occur once their first tooth has appeared. The CIHA Dental Clinic offers walk in visits for children under the age of three. It's never too early to learn about taking care of your teeth. We regularly visit child care centers to educate and promote healthy dental care.



Heart to Heart

The Heart To Heart Program is a Child Advocacy Center or CAC that assists victims of child abuse and their families throughout the child's prosecution process. We offer many services as a CAC and work with other programs such as Family Safety and the Cherokee Indian Police Department to ensure the prosecution process is as gentle as possible for the child and their family. The center provides various services specializing in child related trauma, court, school, community prevention presentations, forensic interviews, trauma therapy for child victims, and family therapy for non-offending caregivers. There are many different types of abuse, and we offer services for all victims. Some of the most common types are as follows:

- Sexual Abuse
- Physical Abuse
- Domestic Violence Exposure
- Substance Abuse Exposure
- Emotional Abuse
- Neglect

Client confidentiality is paramount to fostering a safe and welcoming environment at our CAC. Sometimes children may have to tell the worst story of his or her life repeatedly to doctors, police, lawyers, therapists, investigators, judges and others. The child may not receive assistance they desperately need to heal post-investigation. Therefore, it is a goal and daily objective of Heart to Heart to offer a safe child-focused environment for the child to be able to tell their story and receive assistance. The child may be accompanied by police, a child protective service provider, caregiver or "safe" adult.

The CAC has a trained forensic interviewer on staff to communicate with the child effectively. The Heart to Heart Child Advocacy Center works with a team of professionals who coordinate the investigation, prosecution, and treatment of child abuse. We assist them by being a voice for the child and ensure their case is heard and followed through. We are an advocate for the family as much as we are for the child(ren).

The Heart to Heart Multidisciplinary team (MDT) collaborates to create an action plan to best serve the child's interests during and after the prosecution process. The MDT is comprised of law enforcement officials, medical professionals, protective services representatives, prosecution and victim advocates.

Heart to Heart is currently located in the Ginger Lynn Welch Complex where the Human Resources Department was previously located, adjacent to the library.

Contact: Wahnetah Toineeta "Sissy", Program Manager
828-359-6620 or 828-359-6312 (main line)



Tsiya Huskey, Age: 6 months,
Parents: Elias Huskey & Jessica Huskey,
Community: Wolfstown

Domestic Violence

The Ernestine Walkingstick Domestic Violence Shelter was established on June 3, 2002. The Shelter is a non-profit organization and is a program of the Eastern Band of Cherokee Indians that is funded primarily by Federal grants and supplemented by Tribal monies.

The staff are professionals dedicated to assisting individuals with situations involving domestic violence, stalking, sexual assault, and dating violence by offering services to empower the victim and break the cycle of abuse.

Domestic violence is a pattern of coercive behavior that is used by a person against family, household members or dating partners to gain power or control over the other party in a dating relationship. These behaviors may include:

- Emotional abuse
- Physical violence
- Sexual abuse
- Psychological intimidation
- Verbal abuse and threats
- Stalking

ELIGIBILITY CRITERIA

The specific eligibility criteria for services through this program includes the following: If you are a victim of domestic violence, sexual assault, stalking, and/or dating violence. Also, if you need assistance with legal issues surrounding these situations and filing necessary paperwork during instances of domestic violence, sexual assault, stalking, or dating violence.

SERVICES PROVIDED

- Victim advocacy
- Legal assistance
- Court accompaniment
- Transportation assistance
- Emergency Shelter services 24/7
- Relocation services
- Crisis counseling
- Prevention education
- Outreach activities

Contact: Program Manager Marsha Jackson 828-359-6829,
Hotline 828-359-6830, Toll Free 800-264-9611,
Office 828-359-6830, Cherokee Police Dispatch 828-497-4131



Qualla Boundary Head Start and Early Head Start

Head Start & Early Head Start is a federally funded program, a comprehensive child development and early education program for children ages birth to five years from low income families. Head Start serves children with special needs.



Conner Thompson, Age: 11 months,
Parents: Zach and Kip Thompson,
Community: Big Y

WHERE IS HEAD START?

There are Head Start programs in every state. Locally, Head Start is operated at the Dora Reed Children's Center and the Big Cove Children's Center.

WHAT DOES HEAD START TEACH?

Head Start provides children with activities that help them grow mentally, socially, emotionally, and physically. Head Start staff offer your child love, acceptance, understanding, and opportunities for success in preparing them with school readiness skills. Head Start children socialize with others, solve problems, and have many experiences which help them become self-confident.

WHAT DOES HEAD START DO FOR PARENTS?

Head Start recognizes that as parents you are the first and foremost teachers of your children. Teachers and staff will welcome your involvement and will work as partners with you to help your child develop skills needed for school readiness. Written information, group meetings, and workshops are also available to all parents, guardians, etc.

WHAT DOES HEAD START COST AND HOW CAN I ENROLL MY CHILD?

The Head Start & Early Head Start program is free.

Contact: Tina Saunooke, Early Education Director Main line 828-359-6589 or 828-359-6590.



Age
6
Months

Banana Puree

A healthy treat for baby with benefits, including potassium and helps with digestive health. One banana yields about 8oz of baby food.

Ingredients

- 1 whole raw banana
- 1/4 cup water
 - Puree until you have achieved the proper smoothness.
 - One banana yields about 8oz.
 - Includes potassium and helps prevent constipation and diarrhea.

Nutrition

(Based on whole large banana so divide all totals based on how many servings you make from it)
Calories: 73, Calories from fat: 2, Total Fat: 0.3g, Sat. Fat: <0.1g), Cholesterol: 0mg, Sodium: 1mg, Total Carbs: 18.7g, Dietary Fiber: 2.1g, Sugars: 10g, Protein: 0.9g, Calcium: 4.1mg, Potassium: 293.6mg

Sweet Potato Puree

Sweet potato is a great source of vitamins A, C, B-6, and E. It is also a great source of phosphorus which supports the growth of your baby's bones and teeth! One sweet potato yields about 20oz. of baby food.

Ingredients

- 1 whole sweet potato boiled until very soft
- 1 cup of water (the water the potato was cooked in is great because it is also sterile)
 - Puree until you have achieved the proper smoothness.
 - 1 sweet potato yields 20 oz of baby food.

Nutrition

(Based on one medium sweet potato)
Calories: 100, Calories from fat: 1, Total fat: 0.2g, Sat. fat: <0.1g, Cholesterol: 0mg, Sodium: 40mg, Total Carbs: 23g, Dietary Fiber: 3.7g, Sugars: 9.4g, Protein: 2.2g, Calcium: 42.2mg, Potassium: 527.3mg

Green Pea Puree

Contains high levels of vitamin K, B6, and folic acid. These nutrients are great for your baby's heart, brain, and growing bones. One cup of peas yields 8 oz. of baby food.

Ingredients

- 1 cup of steamed frozen or steamed fresh peas
- 1/4 cup of water (the water it was steam in is great)
 - Puree until you have achieved the proper smoothness.
 - 1 cup peas yield 8oz of baby food.

Nutrition

(Serving size one cup)

Calories: 125, Calories from fat: 4,
Total fat: 0.4g, Sat. fat: <0.1g, Cholesterol: 0mg,
Sodium: 115mg, Total Carbs: 22.8g,
Dietary Fiber: 8.8g, Sugar: 7.4g, Protein: 8.2g,
Calcium: 38.4mg, Potassium: 176mg

Squash Puree

Squash supports the development of baby's eyes, lungs, and heart!
One squash equals about 20oz. of baby food.

Ingredients

- 1 yellow squash boiled with ends removed
- 1/4 cup of water
 - Puree until you have achieved the proper smoothness.

Nutrition

(serving size one cup)

Calories: 36, Calories from fat: 5,
Total fat: 0.6g, Sat. Fat: 0.1g, Cholesterol: 0mg,
Sodium: 0mg, Total Carbs: 7.8g,
Dietary Fiber: 2.5g, Sugars: 3.4g, Protein: 1.6g,
Calcium: 39.6mg, Potassium: 306mg



6
Months



6
Months

Zucchini Puree

Packed with Vitamin C and B6 great for support of your baby's immune system, eyes, and developing heart! 1 Zucchini equals 10 oz of baby food.

Ingredients

- 1 zucchini cut and boiled until soft
- 1/4 cup of water
 - Puree until you have achieved the proper smoothness.

Nutrition

(serving size one cup)

Calories: 29, Calories from fat: 1,
Total Fat: <0.1g, Sat. Fat: <0.1g,
Cholesterol: 0mg, Sodium: 5mg,
Total Carbs: 7.1g, Dietary Fiber: 2.5g,
Sugars: 3g, Protein: 1.2g, Calcium: 23.4mg,
Potassium: 455.4mg

Pear Puree

Foliates in pear help the baby's developing brain and spinal cord. One pear yields about 8oz. of baby food.

Ingredients

- 1 pear boiled until soft (must be cored)
- 1/4 cup of water
 - Puree until you have achieved the proper smoothness.

Nutrition

(serving size one cup)

Calories: 81, Calories from fat: 2,
Total fat: 0.2g, Sat. Fat: <0.1g,
Cholesterol: 0mg, Sodium: 1mg,
Total Carbs: 21.6, Dietary Fiber: 4.3g,
Sugars: 13.7g, Protein: 0.5g, Calcium: 12.6mg,
Potassium: 166.6mg

Apple Puree

Rich with antioxidants, fiber and flavonoids, apples are great for heart health. One medium apple yields about 6oz. of baby food.

Ingredients

- 1 apple boiled with peel but remove core
- 1/4 cup of water
 - Puree until you have achieved proper smoothness.

Nutrition

(serving size one cup)

Calories: 102, Total fat: 0.2g, Cholesterol: 0mg,
Sodium: 5mg, Total Carbs: 27.5g,
Dietary Fiber: 2.7g, Sugars: 22.9g,
Calcium: 9.8mg, Potassium: 180.6mg

Avocado Puree

Avocado is full of vitamins, minerals, and healthy fats. It is a great SUPERFOOD for a baby. One Avocado yields 8oz. of baby food.

Ingredients

- Peel and pit one avocado
- Add 1/4 cup of water
 - Puree until you have achieved proper smoothness.

Nutrition

(serving size one cup)

Calories: 227, Calories from fat: 189,
Total fat: 21g, Sat. Fat: 2.9g, Cholesterol: 0mg,
Sodium: 11mg, Total Carbs: 11.8g,
Dietary Fiber: 9.2g, Sugars: 0.4g, Protein: 2.7g,
Calcium: 17.7mg, Potassium: 689.5mg



6
Months

Brown Rice Cereal

Higher in fiber and nutrition than white rice, brown rice is great for energy and the development of a healthy nervous system. Mix fruit or vegetables with this to add bulk.

Ingredients

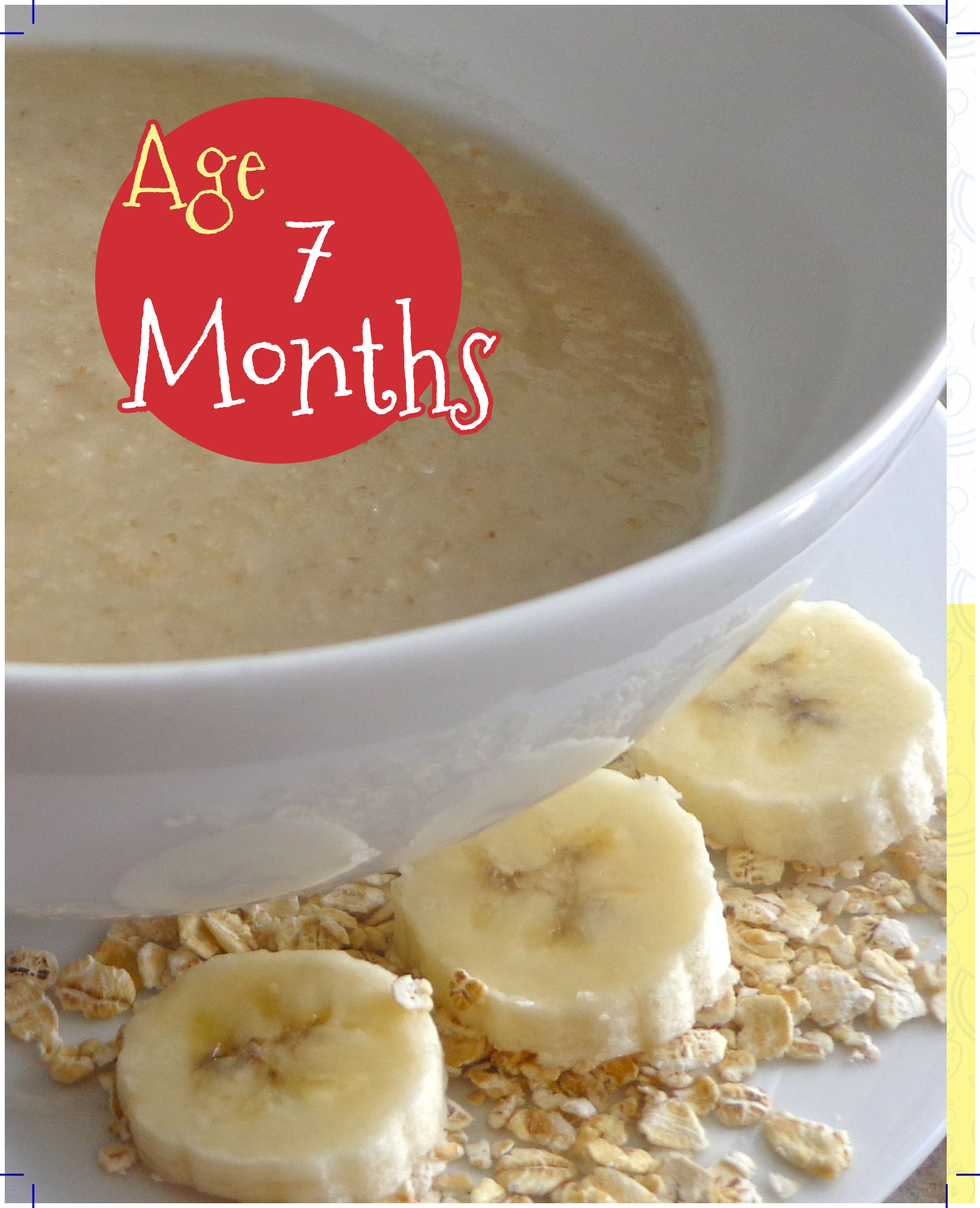
- Add one cup of cooked brown rice to blender.
- Add 1/2 cup of water
- Test the consistency of the rice cereal and if you want it thinner to add more water.

Nutrition

(serving size one cup)

Calories: 216, Calories from fat: 16,
Total fat: 1.8g, Sat. fat: 0.4g, Chol: 0mg,
Sodium: 10mg, Total Carbs: 44.8g,
Dietary Fiber: 3.5g, Sugar: 0.7g, Protein: 5g,
Calcium: 19.5mg, Potassium: 83.9g

Age
7
Months



Time for Combo Purees!

Great combos to consider: Mango and Bananas, Apples and Plums, Green Beans and Brown Rice, Pear and Oatmeal, Apple and Oatmeal, Peas and Carrots, Yellow Squash and Brown Rice.

Oatmeal Cereal Combos

- Cook oatmeal as directed on package.
- Add fruit and Puree until you have achieved proper smoothness.

Green Bean & Brown Rice

- 1/2 cup of steamed or boiled green beans
- 1/2 cup of cooked brown rice
- 1/8 cup of water
- Puree until you have achieved proper smoothness.

8
Months

Don't cook these fruits but you can start blending them in with oatmeal or just serving them blended as is. Watermelon, Pineapple, Cantaloupe, Honeydew.

Vegetables to add are kale, cauliflower, broccoli, eggplant, and turnips! You just need to boil these vegetables until soft and puree until you have achieved proper smoothness.



Leighton, Age: 8.5 months,
Parents: Jacob George & Bree Stamper,
Community: Birdtown

Thicker Textured Purees and Finger Foods

New foods to introduce: Red meat, Turkey, black beans, kidney beans, Garbanzo beans, Shredded Cheese, Whole Rice, Small/well cooked pasta, diced veggies, and Diced Fruits.

For these foods it is important to make sure everything is cut to be about half the size of a dime. Bananas and sweet potatoes are great beginner finger foods.

When adding meat to baby's diet remember meats should be fully cooked. This means to pink meat! Start with adding meat to other vegetable purees that your baby already likes then around 11-12 months you can start giving them small chunks (about 1-2 the size of a dime).



Textured Turnip

A great source of Vitamin C, Folic Acid, Calcium, and Magnesium.

- 1 cup of well cooked, skinned turnip (boil until soft)
- 1/4 cup of water
 - Puree until you have achieved proper smoothness.

Apricot & Oatmeal

Full of vitamin A, apricot will help baby's eyes!

- 1 cup of well cooked (boiled until soft) and pitted apricot
- 1/4 cup of water
 - Puree until you have achieved proper smoothness.



Ages
9-12
Months

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Please contact the Eastern Band of Cherokee Indians
Public Health and Human Services for more wellness information