




MAKING BABY FOOD USING A BABY FOOD MILL (GRINDER)

Key tips to using a baby food mill

- Place **cooked** food into the baby mill. Some foods (e.g. soft, ripened fruit, tofu and canned beans/lentils) do not require cooking.
- Grind food into a **clean** bowl.
- Add liquid used during cooking or expressed breastmilk, if needed, to reach desired texture. Many different textures can be achieved by using the food grinder with the addition of cooking liquid or expressed breastmilk.
- Disassemble and wash all parts **thoroughly**.
- The food mill is small, lightweight and travels well. Take it with you just about everywhere you go!

FOODS	HOW TO PREPARE
<p>VEGETABLES AND FRUIT</p> 	<ol style="list-style-type: none"> 1. Wash, peel, pit, and or seed and chop fresh vegetables or fruit. Can also use frozen. 2. Boil a small amount of water. Add vegetables or fruit to the boiling water. Cook until soft. Can also microwave in a microwave safe bowl with enough water to cover the fruit or vegetables. Microwave until fruit and vegetables are soft and tender. 3. Drain and keep the water used for cooking (it may be needed for later). 4. Place fruit or vegetables into the bottom of the food mill. Insert the food mill stand/tube into the bottom of the food mill so it is pressed against the food. Flip the food mill right side up and begin to turn the handle while adding pressure to the bottom of the food mill. Add a small amount of cooking water or breastmilk if needed to change the texture. <p style="text-align: center;">Note: Ripe, soft fruits like bananas, mangoes, avocados do not need to be cooked before being placed in the food mill.</p>
<p>MEAT AND FISH</p> 	<ol style="list-style-type: none"> 1. Put a piece of meat or fish in a saucepan with enough water to cover the meat or fish completely. If cooking fish, use de-boned fish fillets. Bring the water to a boil and lower the heat to a simmer. Keep cooking until internal cooking temperature is reached (see table below – Safe Cooking Temperatures) Meat and fish can also be baked, braised, or steamed. Tender cuts of meat are a good choice. 2. Drain and keep the water used for cooking (it may be needed for later). Remove the bones and skin and take off any fat on the meat or fish. Cut the meat or flake the fish into small pieces. There is no need to add salt or seasoning to the cooked meat or fish. 3. Place meat or fish into the food mill and grind. Insert the food mill stand/tube into the bottom of the food mill so it is pressed against the food. Flip the food mill right side up and begin to turn the handle while adding pressure to the bottom of the food mill. Add a small amount of cooking water or expressed breastmilk if needed to change the texture.
<p>MEAT ALTERNATIVES</p> 	<ol style="list-style-type: none"> 1. Cook legumes (e.g.: beans, lentils, and chickpeas) as directed on the package. Or use canned beans that do not need to be cooked. Ensure they are rinsed. 2. Place into the bottom of food mill; insert the food mill stand/tube into the bottom of the mill so it is pressed against the food. Flip the food mill upright and begin to turn the handle while adding pressure to the bottom of the food mill. Add a small amount of cooking water or breastmilk if needed to change the texture. <p style="text-align: center;">Note: Other meat alternatives to consider include cooked eggs and plain tofu.</p>

Source: Feeding Your Baby From Six Months to One Year Guide (Best Start, revised and adapted 2014 by Oxford County Public Health)

SAFE COOKING TEMPERATURES

FOOD	TEMPERATURE
Beef, veal and lamb (pieces and whole cuts)	77°C (170°F)
Ground meat and meat mixtures (burgers, meatloaf, casseroles)	71°C (160°F)
Beef, veal, lamb, and pork	74°C (165°F)
Poultry	
Poultry (chicken, turkey, duck)	
Pieces	74°C (165°F)
Whole	85°C (185°F)
Pork (pieces and whole cuts)	71°C (160°F)
Egg dishes	74°C (165°F)
Others (leftovers, seafood)	75°C (165°F)

Ministry of Health and Long-Term Care, 2008.

<http://www.health.gov.on.ca/en/public/programs/publichealth/foodsafety/cook.aspx>

COOKING METHODS

Baking: Baking food requires an oven where food will be surrounded with heat allowing it to cook. Although baking can be a slower cooking method it is relatively easy to do. Place food into an oven safe dish or pan with some cooking spray or oil. Set the oven to a desired cooking temperature (between 300-425°F for most meats, fish and vegetables) or follow a recipe. When the oven is heated, place the food inside and close the oven door. Set a timer for the cooking time found in the recipe or until food is tender, reaching a safe internal temperature. Check every few minutes to ensure food is cooking well and not burning. You may want to stir vegetables or flip meat so everything cooks evenly.

Braising: Braising is good method of cooking for any type of food especially meat. The first step uses dry heat (i.e., oven or pan) to brown the food. Next, liquid is added at low heat to continue cooking. The addition of liquid is what makes food tender. The added liquid will slowly cook the food. Check the internal temperature if you are using this method to cook meat or meat alternatives.

Boiling: Boiling can be a fast way to cook many foods including vegetables, fruit, meat, and meat alternatives. When using boiling to cook food it is important for the water to reach a full boil. Wait until you see lots of big bubbles forming quickly in the water before reducing heat or adding fruit, vegetables or meat alternatives. For meat and fish, place in a sauce pan with enough water to cover the piece of meat or fish. Bring the water to a boil and lower the heat to a simmer. Be sure meats are cooked to a safe internal temperature and fruit, vegetables and meat alternatives are cooked until soft or tender.

Steaming: Steaming is a cooking method that uses moisture from a small amount of boiling or simmering water. When steaming food, do not place food in the water rather put the food on a rack or in a steamer basket overtop of the liquid. Place a lid on top to trap the moisture and cook until soft.

Microwaving: Microwaving can be a quick and easy way to cook food. Before cooking, defrost frozen foods completely. Once thawed, cut them into small pieces and remove any bones from meat or fish. Add liquid (water) to solid foods. Set the microwave for a few minutes, stop part way through cooking to stir or rotate food. Be sure food is covered with a microwave-safe lid or microwave-safe plastic wrap to trap the steam (look for these products to be labeled *microwave safe*). Follow the direction for *standing* or *cooling times* once food has been cooked.

Source: <http://www.eatrightontario.ca/en/Articles/Cooking-Food-Preparation/Food-Dictionary--Cooking-with-wet-heat-methods.aspx> and <http://www.eatrightontario.ca/en/Articles/Food-safety/Food-Safety-Microwaves.aspx>