



Look at me now!

Infants 9 – 12 months

WIC offers the option of a fresh fruit and vegetable voucher to babies 9 months and older

I am learning to:

Feed myself with my fingers

Hold my own cup

Feed myself with a spoon

Please be patient with me –
learning to feed myself can be messy!

Foods I may be able to feed myself:

- Diced, well-cooked eggs
- Soft, chopped cooked or heated meats
- Soft chopped fruits
- Soft or cooked diced vegetables
- Cut whole wheat pasta
- Small strips of whole wheat tortilla
- Cooked brown rice

Tips for safe feeding

Keep it clean – Always start by washing your hands, and then baby's hands. Then wash any fresh fruits and vegetables that are being prepared.

Safe seating – Place baby in an upright, sitting position and then join baby to eat; baby will enjoy learning from you.

Keep foods plain – Baby does not need added salt, sugar, sauces, or artificial sweeteners.

Feed baby from a bowl, not the jar or pouch – Germs from his mouth can spoil the food. Throw out any food that a spoon from baby's mouth has touched.

Leftover foods – Refrigerate leftover food as soon as baby is finished eating. Throw away any unused leftovers after 2 days.

Hold the honey – Honey can contain bacteria that could cause serious illness in baby.

Cook the tough ones – Hard fruits and vegetables should be cooked until soft.



I am NOT ready to eat these foods because I could choke

- Raw hard fruits and vegetables, such as apples or carrots
- Whole grapes, cherries, or berries
- Dried fruit, such as raisins
- Large pieces of food, such as big chunks of cheese, meat, or apple
- Nuts, popcorn, or potato chips
- Hot dogs
- Spoonfuls of peanut butter



Sample menu

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Whole wheat toast strips, diced hard-boiled egg, and halved fresh blueberries. Breastfeed or give 4-6 oz formula.	Cheerios with carrot baby food and cup of water.	Cottage cheese, soft diced peaches, and steamed peas. Breastfeed or give 4-6 oz formula.	Yogurt with sliced banana and cup of water.	Meatloaf, mashed potatoes, and green bean baby food. Breastfeed or give 4-6 oz formula.	Breastfeed or give 4-6 oz formula.

This institution is an equal opportunity provider.

