

FINGER FOODS

For children 8+ months

GRAINS:



Pasta (*cooked*)



Bread



Plain crackers



Legumes
(*canned, no salt*)
** also a meat alternative*



Homemade mini
muffins

MEAT / ALTERNATIVES:



Chopped plain meat,
(*remove skin*)



Plain tofu



Tinned tuna or salmon in
springwater (*no bones*)



Eggs (*scrambled,*
chopped omelette)



Homemade mini
meatballs or bean
patties (*chopped*)

DAIRY / ALTERNATIVES:



Grated cheese



Cheese cubes



Squeezy yoghurt &
calcium-fortified
plant versions



Ricotta, cottage
cheese or yoghurt dip



Homemade frozen
yoghurt icy pole

FRUIT:



Stewed fruit (e.g.
apple)



Grapes (*chop*
in half)



Chopped fruit



Chopped orange
(*remove seeds*)



Fresh/frozen berries
(*Chopped/thawed*)

VEGETABLES:



Peas & corn



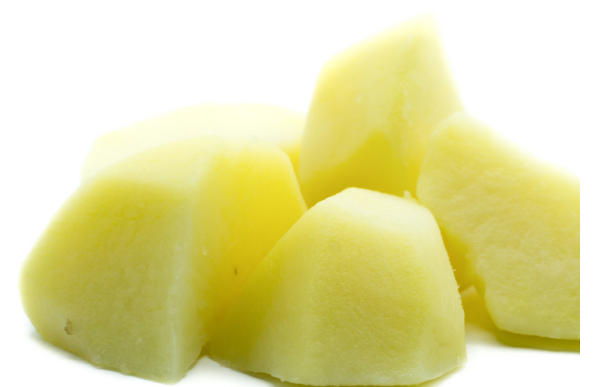
Cherry tomatoes
(*chop in half*)



Steamed carrot sticks
& broccoli



Cucumber
sticks



Steamed potato/sweet
potato