

Chapter 1 : So Easy Baby Food Kit: Make It Natural, Make It Fresh by Joan Ahlers

The So Easy Baby Food Kit takes all of the guesswork out of making baby food. This all in one kit shows you how to prepare fresh, natural meals for your baby in less than 30 minute a week. We all know fresh is best.

Clicking on the link will not cost you anything extra. Have you ever tasted jarred baby food? My family thought it would be a good idea to subject my husband and I to the baby food game at our baby shower. I know what food is supposed to taste like. It is not supposed to taste like THAT. So that sealed the deal when it came to making my own baby food. The kit includes a recipe book, two freezer trays with lids, a how-to dvd and a laminated nutrition tip card. The recipe book covers the basics of nutrition, ages to introduce various foods, and instructions for cooking, freezing and thawing foods. The recipes include recommendations for seasoning and mixing foods once the baby is old enough and the individual foods have been introduced. The book also acts as a scrapbook, with pages for pictures, dates when foods were introduced, and notes. The recipes are made for the microwave, so all of the foods can easily be made in less than 30 minutes a week. Using the microwave also means using less water and a shorter cooking time, which means fewer lost nutrients. Each recipe will make approximately two trays worth of food. The trays themselves portion the purees into approximate 1 oz serving cubes, and the lids make them easy for stacking in the freezer. Once cubes are frozen in the trays, they can be popped into freezer bags for easy serving and storage. I had read a few sources that mentioned using ice cube trays to freeze individuals portions of baby food. However, these trays are smaller than traditional ice cube trays so the portions stay small. The lids are also a nice touch both because it makes the trays easier to stack and because it keeps anything else from falling into the food. I love that the book doubles as a scrapbook. The information contained in the book is factual and relevant. The recipes themselves are not difficult. All you really need is a knife, cutting board, microwave safe dish, and a blender or food processor. The laminated card is also a great touch. I frequently reference it when I want to know when fruits and vegetables can be introduced. It also has very useful information about how to perform CPR and what to do for a choking baby. This kit is a great stepping stone into making your own baby food. I will probably be buying a couple extra freezer trays because I usually do more than one fruit or vegetable at a time and quickly fill up the two trays included. The purees freeze quickly, so right now I refrigerate the left over puree and freeze it the next day. On my list from the recommendation of a friend:

Chapter 2 : So Easy Baby food kit question? | Yahoo Answers

I was surprised at how easy it was to make my own baby food with just the essentials in your kitchen: a microwave or steamer, a blender or food processor, ice cube trays & tupperware containers. Quite frankly, it's easier than making adult food.

The key to good nutrition for children is to provide a wide variety of foods all in moderation. With so many choices to pack in a brown bag lunch, serve as an after-school snack or for breakfast, we all know kids have an influence over what we choose for them. Toy Tips conducted a triple-taste test with kids to find out their best tasting choices from over 50 products. However, there is a twist. We also teamed up with Monica Holt, M. Under her guidance, we looked at the nutrition in each of our top contenders of the taste-test to make sure they offer an adequate amount of vitamins and minerals and are not just empty calories. Parents should be the final decision makers on what to serve their children for meals and snacks but allowing kids to be involved in the shopping and teaching them that their choices should provide nutrition for their body to grow, they will learn that their opinion counts, strengthening character skill. Below is a list of our findings of the final 15 choices that pass the kid-taste approval and also have nutritional value over similar products on the market.

Fresh Start Kit Infants: Learning to serve healthy natural foods as young as the age a child begins to eat them will introduce a variety of tastes and textures and also train you as the parent to prepare healthy food. This kit teaches you to pre-make all the food and then freeze cube for later use. Instructions and materials are included. Equally nutritious and cost effective, this is a fresh alternative to jarred foods without added preservatives. This makes a great baby shower gift! Moms and Dads interested in an even more back-to-basics approach will find assistance in the form of books, supplies and tips at Fresh Baby 's web site. Expert advice guides parents through the process of making homemade baby food. Homemade baby food is healthy, inexpensive, and contrary to popular opinion, easy to prepare. Check out the Fresh Start Kit. A step by step guide to making vegetable and fruit purees at home. A boon to first time parents, the foolproof program contains a how-to video, covered freezer trays, and a cookbook - everything you need to create nutritious dishes for kids four to six months old. Eating In Homemade baby food, naturally Most crazed parents would surely assume that making baby food from scratch is way more involved than they have time to consider, much less accomplish. Designed to introduce all-natural, solid food to babies 6 months old and up, the kit teaches you how to prepare baby meals in less than 30 minutes per week. Ideal for the vegetarian family, the plus recipes teach you to make a variety of baby foods, from pears and sweet potatoes to tofu and pinto beans, complete with seasonings and herbs. For many new parents, making baby food from scratch can seem like a complicated, time-consuming project. Created by sisters Cheryl Tallman and Joan Ahlers, the system offers recipes, information, and advice on a wide variety of ingredients. By making your own, of course, you get to control what your baby eat--no modified food starch or other fillers, no honey or corn syrup or unnecessary sweeteners. The kit includes two FDA-approved plastic trays for freezing food in 1-ounce portions, nutritional information, a minute video, and a hardcover "Cworkbook" -- part workbook, part reference book, part cookbook.

Fresh Baby natural food kit: When my daughter, Emily, was ready for solid food I had this great plan to make fresh baby food for her and store it in the freezer. Well, that didn 't exactly happen. Most of the time she got jarred organic baby food please don 't throw tomatoes at me. At 50 cents or more per jar, and with her appetite, well, let 's just say we were spending a small fortune on the convenience of baby food in jar. I 'm now pregnant with baby number two. I really want to make fresh baby food for him and store it in the freezer. How hard can it be, right? SO along comes this Fresh Start Kit, which makes it easy to prepare Shealthy, all-natural baby food at home in less than 30 minute per week. That all sounds great to me! But I really wanted to try it out for myself. The kit comes with an instructional video, so I watched that first. I love this video. Boy do they make it look easy. Next cam the real test: Could I do it myself? I decide to try 2 of the suggested recipes: I washed, peeled, sliced, microwaved, and ran the apples through the food processor until they were the right consistency. I spread the mixture into the two freezer trays the kit provides, and stuck them in the freezer. The whole process took about 8 minutes and the next day I had 24 one-ounce servings of pureed

apples! I repeated the process using the sweet potato recipe and got equally amazing results. It really wasn't hard. I've gained a lot of confidence, and I know I can make a ton of food for my baby in very little time. The kit also comes with a cookbook that contains recipes for babies just starting solids and all the way up to 12 months. You'll also get a card with nutritional info, ideas and tips, and safety advice. The bottom line on this kit is that it makes food preparation easy and healthy. You'll save time and money over expensive organic jars of food. I can't wait to feed my baby fresh, organic, and homemade Fresh Idea! When it comes to baby food, many parents resign themselves to store-bought for simplicity and variety, but homemade baby food can be simple, quick and relatively painless according to the folks at Fresh Baby. Their Fresh Start Kit includes a step-by-step guide to cooking, pureeing, and storing as well as an instructional video, covered freezer trays, and a cookbook. With over forty recipes to choose from, you can experiment with everything from acorn squash to zucchini. I found it especially helpful that the recipes in the Cworkbook are divided by age, with a list of appropriate foods to introduce at the beginning of each section. Of our taste-testing babies, one had only recently started on solid foods, and his mother was finding little success with the jarred varieties she was feeding him. He tasted the Fresh Baby food and the same variety of jarred food, and Fresh Baby food won hands down. His mother was so thrilled that she rushed to purchase a kit for herself. Designed for introducing solid foods at 6 months, the kit includes a how-to video, a recipe book for preparing more than 40 fruits and vegetables, a laminated card with safety and nutrition tips, and 2 plastic snap-cover trays to hold 1-ounce servings of the tasty purees you cook and freeze. Make your own baby food. But when entrepreneurs come up with products such as the Fresh Start Kit, things become much simpler. Designed to introduce solid foods to babies 6 months and up, the kit teaches how to prepare a variety of baby food -- and how to add flavor. Fresh Baby teaches about nutrition, too, with information on healthy food choices, dietary essentials and more. The kit includes a book with information about introducing solid foods, the food system and recipes; a video that gives step-by-step instructions for the system; a reference card to keep handy; and freezer trays that are specially designed for baby food each compartment is a 1-ounce serving. It's Fresh, Baby: If you love the idea of making your own baby food, The Fresh Start Kit offers you everything you need, including a how-to video, a cookbook, quick reference cards, and a freezer tray that allows you to store individual baby-size meals. Choose from over 40 recipes that will help you safely introduce solid foods to your baby. All you need are the ingredients and 30 minutes for a week's worth of food. Then, in May of , my nephew Jack was born. Looking back over the years, it's amazing how much has changed in the world of baby food products. Sixteen years ago, Heinz, or at least I think it was Heinz, marketed a line of freeze-dried baby food that I loved to use. The little canisters held multiple servings of the dried fruits and veggies, and all I had to do was add warm water to make as much, or as little, as my baby's hunger called for. And the kid loved it. I haven't seen that product in years, but so many more have taken its place. Now the rage seems to be the baby-size dinners that contain an entree and a fruit or veggie, and are reminiscent of TV dinners. Shopping for the somewhat finicky nephew Jack can often be a thankless task. An alternative to the baby food aisle is making baby food at home. It's not as daunting a task as we originally thought. It's a step-by-step guide to making nourishing all-natural baby food in less than 30 minutes a week. The kit includes a cookbook with more than 40 recipes, a reference card of useful baby information, a how-to video that covers everything from selecting the right produce to serving your homemade cuisine, and covered freezer trays, sort of like ice cube trays, in which each compartment holds a oneounce serving. When you make it yourself, you know it's better. Every parent wants the best for their baby, especially when it comes to eating. That's where The Fresh Start Kit comes in. It is an all-inclusive, instructional guide to making all-natural baby food at home in less than 30 minutes a week. The Fresh Start Kit contains a book that offers the ideal education to your baby's introduction to solid foods; a quick reference card with essential facts; a video with step-by-step instructions; and freezer trays for making baby food in single serving sizes. The Fresh Start Kit contains over 40 recipes from apples to zucchini that enable you to create well-balanced meals that nurture healthy eating habits. Not only is it better when you make it yourself, you can save money too.

Chapter 3 : So Easy Baby Food Kit: Make It Natural, Make It Fresh by Joan Ahlers: New | eBay

SO along comes this Fresh Start Kit, which makes it easy to prepare "healthy, all-natural baby food at home in less than 30 minute per week". That all sounds great to me! But I really wanted to try it out for myself.

Make Your Own Baby Food: There are so many benefits to making your own that it seemed like the only option to me. Think about it, you know exactly what you are feeding you child. You know where the produce came from. There is no need to be limited to the selection the commercial baby food companies are offering. You can make whatever kind of baby food you want, and in my opinion, offering baby a good variety is setting the stage for healthy eating habits. Here are a few things to consider before feeding your baby commercial baby foods: They sometimes contain additives. Infant foods have been know to contain certain ascorbic or citric acid and flour for texture. Toddler foods such as a popular brands toddler dinners contain an amount of sodium that I consider to be extremely high for a toddler sized portion. The high temperature processing needed to maintain shelf life destroys many of the nutrients and a lot of the flavor. Do you like the idea of feeding your baby highly processed food? By purchasing these little portions you are creating an unnecessary amount of garbage. Think about how many of those tiny jars you are throwing away weekly. Then think about how those tiny jars are packaged and labeled to ship them to the stores. So, what can you do about it? The basic idea is to puree your own foods using a food processor or blender and freeze it individual servings, in only 30 minutes a week. It included two freezer trays, baby food book, a DVD, and a laminated tip card. The first thing I did was watch the DVD. While slightly cheesy, I thought it was super informational and most mamas will learn something from it. In only 22 minutes, it covered how to use the kit, benefits to making your own food, some food safety, and tips to promoting a healthy eating style for your baby. The book tells you everything you ever wanted to know about feeding your baby. The chapters are divided by age. Each chapter covers foods to introduce during that time and fun combinations to try. I also love that the book has a little section for "feeding memories and fun", with spots to stick pictures and journal a bit. Also, each fruit or vegetable page has a spot to write when it was introduced and any other notes. The tip card is a handy little cheat sheet to keep in your kitchen. It lists healthy eating habits, common ailments such as what foods help with diarrhea and among many more things choking and CPR information. I recommend keeping this somewhere handy, maybe on the fridge. It could be a lifesaver. The trays are sturdy and best of all BPA and phthalate free! The compartments are each one ounce, which is a perfect first serving size. I love that the trays have lids, making them easier to stack and store in the freezer. Overall, the kit is great. Also, be sure to check out their blog here. Fresh Baby is offering one lucky reader the chance to win your very own kit. Visit Fresh Baby and comment telling me one interesting thing about the company. Be sure to leave an email address to contact you at.

The So Easy Baby Food Kit will help you prepare healthy, natural, age-appropriate foods at home. Following the easy, month-by-month cookbook and using fresh ingredients -- with no additives -- you'll nurture your growing baby with a balanced diet and provide the right start to a lifetime of healthy eating.

The key to good nutrition for children is to provide a wide variety of foods all in moderation. With so many choices to pack in a brown bag lunch, serve as an after-school snack or for breakfast, we all know kids have an influence over what we choose for them. Toy Tips conducted a triple-taste test with kids to find out their best tasting choices from over 50 products. However, there is a twist. We also teamed up with Monica Holt, M. Under her guidance, we looked at the nutrition in each of our top contenders of the taste-test to make sure they offer an adequate amount of vitamins and minerals and are not just empty calories. Parents should be the final decision makers on what to serve their children for meals and snacks but allowing kids to be involved in the shopping and teaching them that their choices should provide nutrition for their body to grow, they will learn that their opinion counts, strengthening character skill. Below is a list of our findings of the final 15 choices that pass the kid-taste approval and also have nutritional value over similar products on the market. Fresh Start Kit Infants: Learning to serve healthy natural foods as young as the age a child begins to eat them will introduce a variety of tastes and textures and also train you as the parent to prepare healthy food. This kit teaches you to pre-make all the food and then freeze cube for later use. Instructions and materials are included. Equally nutritious and cost effective, this is a fresh alternative to jarred foods without added preservatives. This makes a great baby shower gift! Moms and Dads interested in an even more back-to-basics approach will find assistance in the form of books, supplies and tips at Fresh Baby 's web site. Expert advice guides parents through the process of making homemade baby food. Homemade baby food is healthy, inexpensive, and contrary to popular opinion, easy to prepare. Check out the Fresh Start Kit. A step by step guide to making vegetable and fruit purees at home. A boon to first time parents, the foolproof program contains a how-to video, covered freezer trays, and a cookbook - everything you need to create nutritious dishes for kids four to six months old. Eating In Homemade baby food, naturally Most crazed parents would surely assume that making baby food from scratch is way more involved than they have time to consider, much less accomplish. Designed to introduce all-natural, solid food to babies 6 months old and up, the kit teaches you how to prepare baby meals in less than 30 minutes per week. Ideal for the vegetarian family, the plus recipes teach you to make a variety of baby foods, from pears and sweet potatoes to tofu and pinto beans, complete with seasonings and herbs. For many new parents, making baby food from scratch can seem like a complicated, time-consuming project. Created by sisters Cheryl Tallman and Joan Ahlers, the system offers recipes, information, and advice on a wide variety of ingredients. By making your own, of course, you get to control what your baby eat--no modified food starch or other fillers, no honey or corn syrup or unnecessary sweeteners. The kit includes two FDA-approved plastic trays for freezing food in 1-ounce portions, nutritional information, a minute video, and a hardcover "Cworkbook" -- part workbook, part reference book, part cookbook. Fresh Baby natural food kit: When my daughter, Emily, was ready for solid food I had this great plan to make fresh baby food for her and store it in the freezer. Well, that didn 't exactly happen. Most of the time she got jarred organic baby food please don 't throw tomatoes at me. At 50 cents or more per jar, and with her appetite, well, let 's just say we were spending a small fortune on the convenience of baby food in jar. I 'm now pregnant with baby number two. I really want to make fresh baby food for him and store it in the freezer. How hard can it be, right? SO along comes this Fresh Start Kit, which makes it easy to prepare Shealthy, all-natural baby food at home in less than 30 minute per week. That all sounds great to me! But I really wanted to try it out for myself. The kit comes with an instructional video, so I watched that first. I love this video. Boy do they make it look easy. Next cam the real test: Could I do it myself? I decide to try 2 of the suggested recipes: I washed, peeled, sliced, microwaved, and ran the apples through the food processor until they were the right consistency. I spread the mixture into the two freezer trays the kit provides, and stuck them in the freezer. The whole process took about 8 minutes and the next day I had 24 one-ounce servings of pureed

apples! I repeated the process using the sweet potato recipe and got equally amazing results. It really wasn't hard. I've gained a lot of confidence, and I know I can make a ton of food for my baby in very little time. The kit also comes with a cookbook that contains recipes for babies just starting solids and all the way up to 12 months. You'll also get a card with nutritional info, ideas and tips, and safety advice. The bottom line on this kit is that it makes food preparation easy and healthy. You'll save time and money over expensive organic jars of food. I can't wait to feed my baby fresh, organic, and homemade Fresh Idea! When it comes to baby food, many parents resign themselves to store-bought for simplicity and variety, but homemade baby food can be simple, quick and relatively painless according to the folks at Fresh Baby. Their Fresh Start Kit includes a step-by-step guide to cooking, pureeing, and storing as well as an instructional video, covered freezer trays, and a cookbook. With over forty recipes to choose from, you can experiment with everything from acorn squash to zucchini. I found it especially helpful that the recipes in the Cworkbook are divided by age, with a list of appropriate foods to introduce at the beginning of each section. Of our taste-testing babies, one had only recently started on solid foods, and his mother was finding little success with the jarred varieties she was feeding him. He tasted the Fresh Baby food and the same variety of jarred food, and Fresh Baby food won hands down. His mother was so thrilled that she rushed to purchase a kit for herself. Designed for introducing solid foods at 6 months, the kit includes a how-to video, a recipe book for preparing more than 40 fruits and vegetables, a laminated card with safety and nutrition tips, and 2 plastic snap-cover trays to hold 1-ounce servings of the tasty purees you cook and freeze. Make your own baby food. But when entrepreneurs come up with products such as the Fresh Start Kit, things become much simpler. Designed to introduce solid foods to babies 6 months and up, the kit teaches how to prepare a variety of baby food -- and how to add flavor. Fresh Baby teaches about nutrition, too, with information on healthy food choices, dietary essentials and more. The kit includes a book with information about introducing solid foods, the food system and recipes; a video that gives step-by-step instructions for the system; a reference card to keep handy; and freezer trays that are specially designed for baby food each compartment is a 1-ounce serving. It's Fresh, Baby: If you love the idea of making your own baby food, The Fresh Start Kit offers you everything you need, including a how-to video, a cookbook, quick reference cards, and a freezer tray that allows you to store individual baby-size meals. Choose from over 40 recipes that will help you safely introduce solid foods to your baby. All you need are the ingredients and 30 minutes for a week's worth of food. Then, in May of , my nephew Jack was born. Looking back over the years, it's amazing how much has changed in the world of baby food products. Sixteen years ago, Heinz, or at least I think it was Heinz, marketed a line of freeze-dried baby food that I loved to use. The little canisters held multiple servings of the dried fruits and veggies, and all I had to do was add warm water to make as much, or as little, as my baby's hunger called for. And the kid loved it. I haven't seen that product in years, but so many more have taken its place. Now the rage seems to be the baby-size dinners that contain an entree and a fruit or veggie, and are reminiscent of TV dinners. Shopping for the somewhat finicky nephew Jack can often be a thankless task. An alternative to the baby food aisle is making baby food at home. It's not as daunting a task as we originally thought. It's a step-by-step guide to making nourishing all-natural baby food in less than 30 minutes a week. The kit includes a cookbook with more than 40 recipes, a reference card of useful baby information, a how-to video that covers everything from selecting the right produce to serving your homemade cuisine, and covered freezer trays, sort of like ice cube trays, in which each compartment holds a oneounce serving. When you make it yourself, you know it's better. Every parent wants the best for their baby, especially when it comes to eating. That's where The Fresh Start Kit comes in. It is an all-inclusive, instructional guide to making all-natural baby food at home in less than 30 minutes a week. The Fresh Start Kit contains a book that offers the ideal education to your baby's introduction to solid foods; a quick reference card with essential facts; a video with step-by-step instructions; and freezer trays for making baby food in single serving sizes. The Fresh Start Kit contains over 40 recipes from apples to zucchini that enable you to create well-balanced meals that nurture healthy eating habits. Not only it is better when you make it yourself, you can save money too. New Other Seller assumes all responsibility for this listing. Shipping and handling The seller has not specified a shipping method to Germany. Contact the seller- opens in a new window or tab and request shipping to your location. Shipping cost cannot be calculated. Please enter a

DOWNLOAD PDF SO EASY BABY FOOD KIT

valid ZIP Code. Sparks, Nevada, United States Shipping to: This item will be shipped through the Global Shipping Program and includes international tracking. Learn more- opens in a new window or tab Change country: There are 1 items available.

Chapter 5 : Fresh Baby, So Easy Baby Food Kit, 1 Kit - www.nxgvision.com

The Fresh Baby - So Easy Baby Food Kit makes it so simple to make your own baby food at home. The cookbook tells you everything you need to know from what kinds of fruits and veggies are appropriate for the age of your baby to how to cook and store the food.

Chapter 6 : Once Upon a Baby: Make Your Own Baby Food: So Easy Baby Food Kit

The So Easy Baby Food Kit helps to make the baby food process as simple and easy as possible, with the idea that you can make a weeks worth of food in 30 minutes. Okay, I'm a busy mom, but even I have 30 minutes a week to spend on preparing my child's food.

Chapter 7 : Fresh Baby So Easy Baby Food Kit Review - The Megalomaniac Mommy

An award-winning, all-inclusive solution for making baby food in less than 30 minutes per week, this kit will help parents prepare healthy, natural, age-appropriate foods at home. Following the easy, month-by-month cookbook that calls for using fresh ingredients with no additives, parents will.

Chapter 8 : So Easy Baby Food Kit by Fresh Baby

As I began the quest for baby food recipes, I came across the So Easy Baby Food Kit by Fresh Baby. The kit includes a recipe book, two freezer trays with lids, a how-to dvd and a laminated nutrition tip card.

Chapter 9 : Fresh Baby So Easy Baby Food Kit - Blueprint Registry

See more So Easy Baby Food Kit: Make It Natural, Make Email to friends Share on Facebook - opens in a new window or tab Share on Twitter - opens in a new window or tab Share on Pinterest - opens in a new window or tab.