

Snack Ideas for Infants

As infants grow and develop they adjust to the textures of new foods and fewer modifications are required. When infants reach 12 months of age they should be eating most of the same foods as older children. Ongoing communication between the parent/guardian and staff/care provider about the infant's nutritional needs is important during the transition to new food.

As stated in Standard 4.5 "Unless otherwise identified on the Infant Feeding Plan, children who are six months of age or older receive daily meals and snacks that are based on the menu."

Depending on the child's stage of development you may have to adjust the textures of some food that are on your menu. It is simple to change the texture of the foods you serve. You can mash, chop, or grate it.

- **Fruit** may be served to an infant according to the child's feeding abilities. Some options for preparing fruit include: puree, chop, minced, grate, cut up, stewed or canned. Selecting soft fruit such as bananas, pears or plums can also be helpful.
- **Vegetables** that are appropriate to serve as snacks also depend on the child's feeding abilities. Some options for preparing vegetables include: cooking until soft, cut into small pieces, or grate. Ideas: sweet potatoes, peas, squash and potatoes become soft when cooked and are easy to mash.
- **Dry cereal** and **oatmeal** are all great options.
- **Bagel bits** or **toast strips** – break the bagel or toast into small sizes that are acceptable for the child's feeding abilities.
- **Wholegrain crackers** – when necessary, break into smaller pieces.
- **Bits of muffin** – don't forget that if the child is less than 12 months old, the muffin must be made without using honey as an ingredient.
- **Cheese** – cheese can be given in small cubes or shredded, depending on the child's feeding abilities.
- **Smoothies** - prepared with fresh or frozen fruit, milk, yogurt and/or silken tofu.
- **Yogurt** or **cottage cheese** – try adding fruit or fruit sauces to cottage cheese.
- **Hard boiled eggs** – chop the egg up into small pieces.
- **Fruit sauces** – 100% fruit, no added sugar or artificial sweeteners.
- **Hummus, tuna salad, tofu cubes and other meat alternatives** are great snack ideas
- **Avocado slices**

**It is important to note that honey and products containing honey are not to be served to children less than 12 months of age.

