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Home:

MAKING YOUR OWN BABY FOOD

AMY W. SHAPIRO RD, CDN AWS NUTRITION

You want the best of everything for your baby so why not make your own baby food? Not only is it easy and healthy it's also inexpensive. In a time crunch? Prepare it in bulk when you find a few free minutes and freeze for up to 3 months.

What you'll need: A food processor, kitchen or hand blender, containers or ice cube trays for storage and the freshest fruits, veggies and meats you can find (frozen are okay too). Try to cook the produce within a day or two of purchasing to preserve the most nutrients.

To prepare your fruits and veggies simply steam, bake or boil to soften and then puree or mash while adding liquid until your desired consistency is met. When preparing meat, cook it first, then trim the fat and skin and puree it again, adding water as

needed. At this stage, there is no need to sweeten your food. Omit herbs, spices and salt until your baby is 8 to 9 months old.

Next, fill your storage cups with small servings, date them and refrigerate for up to 2 days or freeze for up to 3 months and use as needed.

Sounds too easy right? That's because it is! Why leave your baby's nutrition to large food companies, fill their bellies with home cooked food and start healthy eating habits early!

For recipes and more information visit Amy at www.aws-nutrition.blogspot.com. Citibabes members receive 10% off of Amy Shapiro's services!

Fun:

THROW GREEN BIRTHDAY PARTY

DANIELLE BROWN, VERTE NYC

1: Invitations Many stores & boutiques now carry several varieties of eco-friendly invitations or you can make your own invites. The great tech-alternative is to send out an evite or ping invite.

2: Location Selecting an eco-friendly location does not have to scream "green" and will serve as the perfect setting for any princess, cartoon, or activity theme. Some suggestions include: Central Park, The Bronx Zoo, your eco-friendly home or an eco-friendly venue such as Citibabes.

3: Activities/Gift bags Quite often, children come home with gift bags from parties that contain items filled with sugar &/or small toys made from potentially harmful plastics. Be efficient and plan activities where the children can make their own party gifts (i.e. have the children plant their own plant or flower or create eco-friendly art).

4: Food & Beverage Serve healthy & delicious organic/local foods and serve them on biodegradable disposable plates and cups for easy clean up. Contact your local organic or vegan bakery such as Birdbath or Babycakes to place the cake, cupcake or cookie order.

5: Presents On your invitations, request that your guests get creative when it comes to wrapping any presents. Making one's own wrapping paper from old magazines, newspapers, and other items found around the house or office can be a fun activity for both children & parents. Recycled wrapping paper/gift bags, biodegradable ribbon & reusable gift bags are available options too.

With these tips in mind, throw the best green birthday party in town. Don't hesitate to contact Citibabes at events@citibabes.com or Verte NYC for more eco-friendly party solutions.

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