Finger Food Ideas for 9 months+

Infants and young children must always be supervised and sitting in an upright position when eating.

To avoid any type of food being a choking hazard always ensure foods are an appropriate soft texture and shape for your infant or young child.

For baby feeding advice, call **PlunketLine on 0800 933 922.**

For questions about Wattie's baby food, call **Wattie's for Baby on 0800 55 66 66.**

Wattie's®


Mandarin (segments chopped up)


Courgette slices (soft cooked)


Cauliflower (soft cooked)


Chicken slices (cooked, skinless)


Kiwifruit


Puffed crispbread


Pasta (cooked)


Carrot (soft cooked)


Pears (cooked, peeled)


Apple (finely grated)


Pikelets


Peach slices (soft, peeled)


Finely chopped roast beef


Broccoli (soft cooked)


Mini meatballs (chopped into bite-sized pieces)


Grated cheese


Little sandwiches


Banana (ripe)

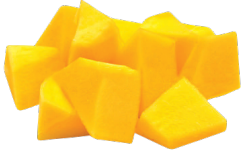

Sliced strawberries


Toast fingers


Avocado (soft)


Hard boiled eggs


Kūmara (cooked)


Mango (soft)


Chopped watermelon (no pips)

Prepare and choose snacks and meals with no added sugar or salt.
Make the most of foods in season, when at the most affordable price

whānau āwhina plunket

September 2026

Lunchbox & Snack Ideas for 12 months+

For toddler feeding advice, call **PlunketLine on 0800 933 922**.

For questions about Wattie's foods, call **Wattie's for Baby on 0800 55 66 66**.

Young children must always be supervised and sitting in an upright position when eating.

To avoid any type of food being a choking hazard always ensure foods are an appropriate soft texture and shape for your young child.


Mini pizza


Cheese & Marmite toast


Grapes (no pips, cut into quarters)


Chicken slices (cooked, skinless)


Falafel balls


Wholemeal salad sandwich


Mini muffins


Full-fat yoghurt (with no added sugar)


Crispbread with hummus


Pita pocket


Wrap


Hard boiled eggs


Sushi


Puffed corn or rice cakes


Sliced soft ripe fruit (peeled)


Egg sandwich


Mini quiche


Toasted sandwich


Capsicum (cooked or steamed)


Mini scone


Pikelets


Scrambled egg


Banana toast


Dumplings with minced meat and vegetable filling (steamed until soft)


Chopped tomato pieces

Prepare and choose snacks and meals that are low in salt and have no added sugar. By 12 months of age, most toddlers should be eating the same types of foods as the rest of the family, especially nutrient-dense foods.

September 2026