

Finger Food Ideas for 9 months+

Always ensure finger foods are an appropriate soft texture and shape for your infant or young child.

For more advice about feeding your baby visit forbaby.co.nz or call the Careline on 0800 55 66 66 or call PlunketLine on 0800 933 922

forbaby
.co.nz

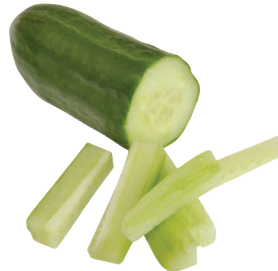
Infants and young children must always be supervised and sitting in an upright position when eating.



Mandarin (segments chopped up)



Cooked courgette slices



Cucumber (peeled)



Chicken slices (cooked, skinless)



Kiwifruit



Puffed crispbread



Pasta (cooked)



Mini meatballs



Peach slices (soft, peeled)



Pears (cooked, peeled)



Apple (finely grated)



Chopped watermelon (no pips)



Grated cheese



Finely chopped roast beef



Broccoli (soft cooked)



Pikelets



Carrot (soft cooked)



Marmite toast



Little sandwiches



Banana (ripe)



Sliced strawberries



Kūmara (cooked)



Avocado (soft)



Mango (soft)



Hummus with peeled cucumber



Hard boiled eggs

Prepare and choose snacks and meals with no added sugar or salt.

Lunchbox & Snack Ideas for 12 months+

Always ensure foods are an appropriate soft texture and shape for your young child.

For more advice about feeding your toddler visit forbaby.co.nz or call the Careline on 0800 55 66 66 or call PlunketLine on 0800 933 922

forbaby
.co.nz

Watkins

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



Mini pizza



Cheese & Marmite toast



Grapes (no pips, cut into quarters)



Chicken slices
(cooked, skinless)



Falafel balls



Wholemeal salad sandwich



Filled jacket potato



Full-fat yoghurt
(with no added sugar)



Crispbread with hummus



Pita pocket



Puffed corn
or rice cakes



Wrap



Boiled egg toast
fingers



Sushi



Mini muffins



Sliced fruit (soft, peeled)



Mini quiche



Toasted sandwich



Capsicum
(cooked or steamed)



Egg sandwich



Pikelets



Banana toast



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



Mini scone



Scrambled egg



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.