

# STARTING SOLIDS

## Weaning Essentials

- High Chair
- Bibs
- Baby Spoons
- Baby Bowls
- Sippy Cups
- Food Storage Containers
- Blender or Food Processor
- Steamer Basket
- Silicone Ice Cube Trays
- Baby Food Recipe Book

## Cleaning Essentials

- Feeding Mat
- Cleaning Cloths or Sponges
- Non-toxic Dish Soap
- Wipes
- Handheld Vacuum
- Hand Sanitizer
- Stain Remover

## First Foods

- Vegetables:** Carrot, Sweet Potato, Peas, Butternut Squash, Avocado
- Fruits:** Apple, Pear, Banana, Mango, Peach
- Grains:** Baby Rice, Oatmeal, Quinoa
- Proteins:** Lentils, Chicken, Turkey, Tofu
- Dairy:** Full-fat Yoghurt, Cottage Cheese

## Allergens to Introduce (One at a Time)

- Peanuts
- Tree Nuts
- Eggs
- Dairy
- Gluten
- Soy
- Fish
- Shellfish