

Jarred Infant Foods – Quick Tips for CPAs

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Jarred infant foods and the older infant:

At around 9 months of age, most infants are developmentally ready for more textured, finely chopped table foods. Finger foods for self-feeding are usually preferred over pureed foods at this age. It is important to offer appropriate foods to advance baby's feeding skills. WIC can help families choose appropriate table and finger foods. Information for introducing table and finger foods is found on the Minnesota WIC Program [Infant Nutrition Education Cards](#).

WIC provides pureed, jarred infant foods until one year of age. So, what role does the jarred infant food play during that latter period of infancy? Jarred infant foods do not replace nutritious table and finger foods for the older infant, but rather, can supplement those foods.

Here are some counseling suggestions for supplementing table and finger foods with the jarred infant foods:

- **Make table meats moister:** Mix jarred infant fruits, vegetables, or meats with finely chopped table meats to provide moisture.
 - Mix infant applesauce with finely chopped chicken.
 - Add infant beef to shredded, slow cooked beef.
 - Bake meatballs or meatloaf made from ground meat and an infant meat. Chop the meat to the appropriate size for the infant.
- **More flavor:** Add jarred fruit to infant cereal or to regular oatmeal.
- **Boost the nutrition:** Mix infant fruits and vegetables with regular fruits and vegetables or other table foods that have been mashed.
 - Add jarred peas to mashed potatoes.
 - Try baked squash with jarred apple sauce.
- **Add-ins for main dishes:** Mix infant vegetables or meats into main dishes that the infant eats.
 - Stir in some pureed carrot to vegetable beef soup.
 - Add baby sweet potato puree to a pasta dish or cooked macaroni and cheese.
 - Use a jar of vegetables as a sauce over rice.
- **Make a “dinner”:** Older infants might like mixed dishes. Add pureed infant meat to other foods to make a dinner. See some suggestions below.
 - Beef, peas, and small chunks of potatoes
 - Chicken, rice, and small chunks of cooked broccoli
 - Beef, squash, and macaroni

- **Easy snacks:** Use jarred infant foods for quick snacks.
 - Mix jarred fruit puree with yogurt or cottage cheese.
 - Dip small pieces of soft fruit into fruit puree.

Reference – Complete Listing of Hyperlinks

Infant Nutrition Education Cards

(<https://www.health.state.mn.us/people/wic/nutrition/tips.html#infants>)

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