

18 GRAB & GO FOODS FOR INFANTS

that don't include pouches

Fruit/Veggies

- Berries
- Bananas
- Avocados
- Mangoes
- Freeze Dried Fruit
- Fruit Cups *in 100% juice or water*
- Vegetable Cups
- Steamer Bag Vegetables

Packaged

- Lightly Salted Plain Rice Cakes
- Earth's Best Organic or Little Bellies Sticks
- Bamba Peanut Butter Suns

Other Ideas

- Plain Goat Cheese
- Havarti Cheese Slices
- Tofu

Bring a Spoon!

or something to dip

- Plain Yogurt Cups
- Cottage Cheese Cups
- Hummus Cups
- Unsweetened Applesauce Cups



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