I can eat finger foods starting around 9 months.

When I am ready, around 9 or 10 months, I can start feeding myself! I am learning to use my thumb and fingers to pick up small things.

Start with very small pieces of soft foods.

- Give me lots of practice feeding myself. Let me touch and play with my food. I am messy when I eat.
- Offer me small servings of foods. My stomach is little. Let me decide how much to eat. I know if I am hungry.
- Let me try different foods. If I don’t like something at first, don’t worry. Offer me a little bit next time.
- Let me eat with our family. I can sit in a high chair or a booster seat at the table.
- By the time I am one year old, I will probably eat much of our family foods. Fix me breakfast, lunch and dinner with me in between.
- Let me eat meatballs in tiny chunks. Offer me small servings of foods. My stomach is little. Let me decide how much to eat. I know if I am hungry.

Here are some healthy choices for me!

- Tangerine chopped
- Green Beans cooked
- Meatballs in tiny chunks
- Papaya chopped
-... (and more choices listed)

Keep this list on our refrigerator for quick finger food ideas at breakfast, lunch, dinner or snack time.

Don’t give me foods that I can choke on such as raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, hot dogs, chunks of meat, and hard candy. Once I turn one year old, stay close by if you give me dried fruits.

Provided by the California Department of Education, Nutrition Services Division
California Department of Public Health, California WIC Program
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1-800-942-9675 #910212 Rev 03/16
Here are some healthy choices for me!

Start with one or two tablespoons of each food.

Let me ask for more.

**Ripe Melon**
**Tangerine**
**chopped Beans**
**Green Beans**
**cooked**
**Apple**
**shredded**

**Brown Rice**
**Zucchini**
**cooked**

**Pita Bread**
**Meatballs**
**in tiny chunks**

**Papaya**
**chopped**

**Cheese**
**diced**

**Mixed Vegetables**
**cooked**
**Sweet Potato**
**cooked and peeled**

**O-shaped Cereal**
**Avocado**

**Whole Grain Toast with Baby Food Fruit Spread**

**Banana**
**chopped**

**Broccoli**
**in small pieces cooked**

**Cherry Tomatoes**
**in small bits**

**Hard-boiled Egg**
**chopped**

**Grilled Cheese**
**in small pieces**

**Macaroni and Cheese**

**Tofu**
**chopped**

**Graham Crackers**
**avoid honey types until 12 months**

**Grapes**
**sliced**

**Kiwi**
**chopped**

**Carrot**
**well-cooked and diced**

**Soft Quesadilla**
**in small pieces**