

Moms on Call

BABY FOOD INTRODUCTION CALENDAR

BABY FOOD IN JARS

STAGE ONE – THIN/One Flavor

STAGE TWO – THICKER/Combo

STAGE THREE – CHUNKIER/Combo

DO-IT-YOURSELF PUREE

STAGE ONE is pureed (thin, flows off spoon)








STAGE TWO is less pureed (sticks to the spoon)

STAGE THREE is fork-mashed (keeping any chunks smaller than a pea & mushable)

AMOUNTS: All amounts listed are a general guide. Do not worry about it. They may take two bites or twenty.

POSITION: For starters, sit the baby in a bouncy seat on the floor. Sit across from them and appear relaxed.

GOAL: Introduce your baby to a wonderful variety of tastes & textures by adding a new baby food about every 3 days. Look out; they make faces & they spit. Don't get discouraged; they will get it. **Let the messy taste testing begin!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						

BEGINNING*

BEGINNING*

BEGINNING*

STAGE ONE

STAGE ONE

STAGE ONE

STAGE ONE

Morning
1-2 TBSP of Baby Cereal

Morning
1-2 TBSP of Baby Cereal

Morning
1-2 TBSP of Baby Cereal

Morning
1-2 TBSP Cereal
2 oz. PEARS

Morning
1-2 TBSP Cereal
2 oz. PEARS

Morning
1-2 TBSP Cereal
2 oz. PEARS

Morning
1-2 TBSP Cereal
2 oz. SQUASH

Afternoon
1-2 TBSP of Baby Cereal

Afternoon
1-2 TBSP of Baby Cereal








Afternoon
1-2 TBSP of Baby Cereal

Afternoon
1-2 TBSP Cereal
2 oz. Pears

Afternoon
1-2 TBSP Cereal
2 oz. Pears

Afternoon
1-2 TBSP Cereal
2 oz. Pears

Afternoon
2 TBSP Cereal
1-2 oz. Pears
1-2 oz. Squash

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						

STAGE ONE

STAGE ONE

STAGE ONE

STAGE ONE

STAGE ONE

STAGE ONE

STAGE ONE

Morning
1-2 TBSP Cereal
2 oz. SQUASH

Morning
1-2 TBSP Cereal
2 oz. SQUASH

Morning
1-2 TBSP Cereal
2 oz. APPLES

Morning
1-2 TBSP Cereal
2 oz. APPLES

Morning
1-2 TBSP Cereal
2 oz. APPLES

Morning
1-2 TBSP Cereal
2 oz. CARROTS

Morning
1-2 TBSP Cereal
2 oz. CARROTS

Afternoon
2 TBSP Cereal
1-2 oz. Pears
1-2 oz. Squash

Afternoon
2 TBSP Cereal
1-2 oz. Pears
1-2 oz. Squash

Afternoon
2 TBSP Cereal
1-2 oz. Pears OR Apples
1-2 oz. Squash

Afternoon
2 TBSP Cereal
1-2 oz. Pears OR Apples
1-2 oz. Squash

Afternoon
2 TBSP Cereal
1-2 oz. Pears OR Apples
1-2 oz. Squash

Afternoon
2 TBSP Cereal,
1-2 oz. Pears OR Apples
1-2 oz. Squash or Carrots

Afternoon
2 TBSP Cereal,
1-2 oz. Pears OR Apples
1-2 oz. Squash or Carrots

Supper
2-4 oz. Pears OR Apples
2-4 oz. Squash

Supper
2-4 oz. Pears OR Apples
2-4 oz. Squash

Supper
2-4 oz. Pears OR Apples
2-4 oz. Squash

Supper
2-4 oz. Pears OR Apples
2-4 oz. Squash or Carrots

Supper
2-4 oz. Pears OR Apples
2-4 oz. Squash or Carrots

SUNDAY



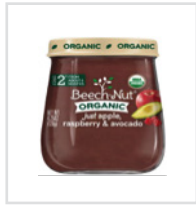
STAGE ONE

Morning
1-2 TBSP Cereal
2 oz. CARROTS

Afternoon
2 TBSP Cereal,
1-2 oz. Pears OR
Apples
1-2 oz. Squash
or Carrots

Suppertime
2-4 oz. Pears OR
Apples
2-4 oz. Squash
or Carrots

MONDAY



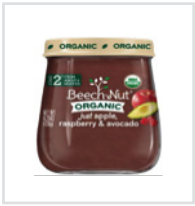
STAGE TWO

Morning
2-4 oz. of the
NEW STAGE TWO
baby food of
your choice

Afternoon
2 TBSP Cereal,
1-2 oz. **STAGE**
ONE (any fruit)
1-2 oz. **STAGE**
ONE (any
veggie)

Suppertime
2-4 oz. **STAGE**
ONE (any fruit)
2-4 oz. **STAGE**
ONE (any
veggie)

TUESDAY



STAGE TWO

Morning
2-4 oz. of the
SAME flavor
STAGE TWO
baby food as
yesterday

Afternoon
2 TBSP Cereal,
1-2 oz. **STAGE**
ONE (any fruit)
1-2 oz. **STAGE**
ONE (any
veggie)

Suppertime
2-4 oz. **STAGE**
ONE (any fruit)
2-4 oz. **STAGE**
ONE (any
veggie)

WEDNESDAY



STAGE TWO

Morning
2-4 oz. of the
SAME flavor
STAGE TWO
baby food as
yesterday

Afternoon
2 TBSP Cereal,
1-2 oz. **STAGE**
ONE (any fruit)
1-2 oz. **STAGE**
ONE (any
veggie)

Suppertime
2-4 oz. **STAGE**
ONE (any fruit)
2-4 oz. **STAGE**
ONE (any
veggie)

THURSDAY



STAGE TWO

Morning
2-4 oz. of a **NEW**
STAGE TWO
baby food of
your choice

Afternoon
2 TBSP Cereal,
1-2 oz. **STAGE**
TWO (already
tried)
1-2 oz. **STAGE**
ONE (any
veggie)

Suppertime
2-4 oz. **STAGE**
ONE (any fruit)
2-4 oz. **STAGE**
ONE (any
veggie)

FRIDAY



STAGE TWO

Morning
2-4 oz. of the
SAME flavor
STAGE TWO
baby food as
yesterday

Afternoon
2 TBSP Cereal,
1-2 oz. **STAGE**
TWO (already
tried)
1-2 oz. **STAGE**
ONE (any veggie)

Suppertime
2-4 oz. **STAGE**
ONE (any fruit)
2-4 oz. **STAGE**
ONE (any veggie)

SATURDAY



STAGE TWO

Morning
2-4 oz. of the
SAME flavor
STAGE TWO
baby food as
yesterday

Afternoon
2 TBSP Cereal,
1-2 oz. **STAGE**
TWO (already
tried)
1-2 oz. **STAGE**
ONE (any veggie)

Suppertime
2-4 oz. **STAGE**
ONE (any fruit)
2-4 oz. **STAGE**
ONE (any veggie)

SUNDAY



STAGE TWO

Morning
2-4 oz. of
another **NEW**
STAGE TWO
baby food of
your choice

Afternoon
2 TBSP Cereal,
2-4 oz. **STAGE**
TWO fruit
and veggie
(anything
already tried)

Suppertime
4-8 oz. **STAGE**
TWO (anything
already tried)

MONDAY



STAGE TWO

Morning
2-4 oz. of the
same flavor
STAGE TWO
baby food as
yesterday

Afternoon
2 TBSP Cereal,
2-4 oz. **STAGE**
TWO fruit
and veggie
(anything
already tried)

Suppertime
4-8 oz. **STAGE**
TWO (anything
already tried)

TUESDAY



STAGE TWO

Morning
2-4 oz. of the
same flavor
STAGE TWO
baby food as
yesterday

Afternoon
2 TBSP Cereal,
2-4 oz. **STAGE**
TWO fruit
and veggie
(anything
already tried)

Suppertime
4-8 oz. **STAGE**
TWO (anything
already tried)

WEDNESDAY



STAGE TWO

Morning
2-4 oz. of
another **NEW**
STAGE TWO
baby food of
your choice

Afternoon
2 TBSP Cereal,
2-4 oz. **STAGE**
TWO fruit
and veggie
(anything
already tried)

Suppertime
4-8 oz. **STAGE**
TWO (anything
already tried)

THURSDAY



STAGE TWO

Morning
2-4 oz. of the
same flavor
STAGE TWO
baby food as
yesterday

Afternoon
2 TBSP Cereal,
2-4 oz. **STAGE**
TWO fruit
and veggie
(anything
already tried)

Suppertime
4-8 oz. **STAGE**
TWO (anything
already tried)

FRIDAY



STAGE TWO

Morning
2-4 oz. of the
same flavor
STAGE TWO
baby food as
yesterday

Afternoon
2 TBSP Cereal,
2-4 oz. **STAGE**
TWO fruit
and veggie
(anything
already tried)

Suppertime
4-8 oz. **STAGE**
TWO (anything
already tried)

SATURDAY

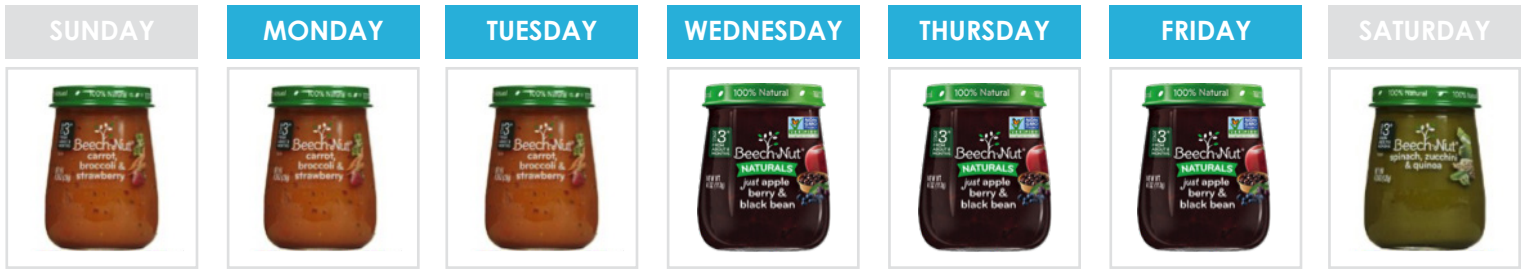


STAGE TWO

Morning
2-4 oz. of the
same flavor
STAGE TWO
baby food as
yesterday

Afternoon
2 TBSP Cereal,
2-4 oz. **STAGE**
TWO fruit
and veggie
(anything
already tried)

Suppertime
4-8 oz. **STAGE**
TWO (anything
already tried)



STAGE THREE

STAGE THREE

STAGE THREE

STAGE THREE

STAGE THREE

STAGE THREE

STAGE THREE

Morning
2-4 oz. of another **NEW STAGE THREE** baby food of your choice

Morning
2-4 oz. of the same flavor **STAGE THREE** baby food of your choice

Morning
2-4 oz. of the same flavor **STAGE THREE** baby food of your choice

Morning
2-4 oz. of another **NEW STAGE THREE** baby food of your choice

Morning
2-4 oz. of the same flavor **STAGE THREE** baby food of your choice

Morning
2-4 oz. of the same flavor **STAGE THREE** baby food of your choice

Bravely forge on and continue to expose these amazing, adaptable babies to a variety of stage 2 and 3 foods.

Afternoon
2-4 oz. **STAGE TWO** fruit and veggie (anything already tried)

Afternoon
2-4 oz. **STAGE TWO** fruit and veggie (anything already tried)

Afternoon
2-4 oz. **STAGE TWO** fruit and veggie (anything already tried)

Afternoon
2-4 oz. **STAGE TWO** fruit and veggie (anything already tried)

Afternoon
2-4 oz. **STAGE TWO** fruit and veggie (anything already tried)

Afternoon
2-4 oz. **STAGE TWO** fruit and veggie (anything already tried)

Next Milestone: around seven months of age, we are going to add some mushable, pea-sized finger foods! Whoopee!!

Suppertime
4-8 oz. **STAGE TWO** (anything already tried)

Suppertime
4-8 oz. **STAGE TWO** (anything already tried)

Suppertime
4-8 oz. **STAGE TWO** (anything already tried)

Suppertime
4-8 oz. **STAGE TWO** (anything already tried)

Suppertime
4-8 oz. **STAGE TWO** (anything already tried)

Suppertime
4-8 oz. **STAGE TWO** or **THREE** (anything already tried)

(If they are having a hard time with the chunkier texture, repeat last week's schedule)

SLEEP • FEED • LAUGH • LOVE

*Mix cereal according to the directions on the box. Baby Foods are best tolerated about an hour after breast/bottle feeding (so the baby will be a little bit hungry). Once you have mastered the first 3 foods (pears, squash, apples) you can begin to substitute any **STAGE ONE** food of your choosing. Once you move to **STAGE TWO** foods, you can really branch out. Enjoy yourself. This should be relaxed, messy and super fun.

SUPPLIES



Have everything that you need, delivered to your door:

www.momsoncall.com/baby-food

All of the foods and items listed are a few clicks away!

*Here's the legal stuff: The baby foods pictured do not indicate endorsement of either party. All nutritional guidelines, including the ones above, should be approved by your Pediatrician and supplemented by your own good judgement.

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www.momsoncall.com