Finger Food Ideas for 9 months+

- Apple (cooked, skinless)
- Cucumber (skinless)
- Finger Food Ideas for 9 months+
- Puffed crispbread
- Mango (soft)
- Kumara (cooked)
- Marmite toast
- Cheese slices (thin)
- Hard boiled eggs
- Little sandwiches
- cooked courgette slices
- Finely chopped roast beef
- Pears (cooked, skinless)
- Broccoli (cooked)
- Peach slices (soft, peeled)
- Avocado
- Mix minis
- Carrot (cooked)
- Chopped watermelon (no pips)
- Mini meatballs
- Pasta (cooked)
- Grated cheese
- Mandarine
- Peaches and pears
- Puffed crispbread
- For more advice about feeding your baby visit forbaby.co.nz or call the Careline on 0800 55 66 66

Children and infants need close supervision when eating. Ensure child is sitting upright.
Small Meal and Lunchbox Ideas for 12 months+

Scrambled egg

Cheese and marmite on toast

Club sandwiches

Filled jacket potato

Small savouries

Mini pigga

Chicken slices (cooked, skinless)

Wrap

Sushi

Lichte cooked carrots and Hummus

Sliced Fruit (Soft and peeled)

Falafel balls

Crispbread with hummus

Sliced Fruit

Yoghurt

Boiled egg toast fingers

Malt Biscuits

Capsicum (Lightly cooked)

Mini muffins

Pikelets

Mini Scone

Toast sandwich

Little Kids Tomato Mini Corn Cakes

Pita Pocket

Chopped tomato pieces

Egg Sandwich

Cheese and marmite on toast

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