Finger Food Ideas for 9 months+

Infants and children must always be supervised and sitting in an upright position when eating.

Always ensure finger foods are an appropriate soft texture and shape for your infant or child.

For more advice about feeding your baby visit forbaby.co.nz or call the Careline on 0800 55 66 66 or call PlunketLine on 0800 933 922.

Mandarin (segments chopped up)  Cooked courgette slices  Cucumber (peeled)
Kiwifruit  Puffed crispbread  Pasta (cooked)
Peach slices (soft, peeled)  Pears (cooked, peeled)  Apple (finely grated)
Finely chopped roast beef  Broccoli (soft cooked)
Grated cheese  Little sandwiches  Banana (ripe)
Marmite toast  Avocado (soft)  mango  Wattie’s Little Dippers™ with peeled cucumber
Kumara (cooked)  Mango (soft)  Hard boiled eggs
Chopped watermelon (no pips)  Chicken slices (cooked, skinless)  Mini meatballs
Pikelets  Carrot (soft cooked)  Sliced strawberries
Hard boiled eggs
Small Meal Ideas for 12 months+

Young children must always be supervised and sitting in an upright position when eating.

- Mini pizza
- Cheese & Marmite toast
- Grapes (no pips, cut into quarters)
- Chicken slices (cooked, skinless)
- Wholemeal salad sandwich
- Filled jacket potato
- Fruit yoghurt
- Pita pocket
- Wrap
- Boiled egg toast fingers
- Mini quiche
- Little Kids tomato mini corn cakes
- Sliced fruit (soft, peeled)
- Egg sandwich
- Mini muffins
- Capsicum (cooked or steamed)
- Toasted sandwich
- Mini scone
- Scrambled egg
- Banana toast
- Wattie’s Little Dippers™ with soft cooked carrots
- Chopped tomato pieces

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Great for loading up the kids lunchbox!