



Yummy Finger Foods

For Your

LITTLE ONE



Sweet Potato Fries

Sweet potato fries are ideal for children as young as 6 - 7 months old. They are healthy and delicious.



Scrambled Eggs

Scrambled eggs are another great protein and fat-rich option that your baby will love.



Dried Fruits

If the baby can chew well, cut raisins and dried fruits into small pieces, and serve them.



Diced Grilled Cheese Sandwich

A grilled cheese sandwich is perfect for an 11-month-old baby who is used to having regular food.



Steamed Veggies

Steamed veggies are loaded with crucial nutrients and are safe for children as young as 7 to 8 months.



Peanut Butter Balls

Peanut butter balls not only feel tasty, but they also provide abundant energy to babies.



Frosted Wheat Biscuits

Wheat has plenty of carbohydrates, fiber, and protein. Thus, they are best for giving to babies.

