

# Let's make it! Plan, Shop, Pack List: Infant Cereal and Food Consistencies

## Ingredients

(For Activity)

- Iron-fortified infant rice cereal
- Powdered infant formula with iron
- 15 oz. can of sliced peaches in juice
- 2 jars of baby food (strained peaches), unopened with seal intact

## Disposable Supplies

- 8-ounce cups
- 5-ounce cups

## Prepare before class

- For each group of 2 or 3 participants, prepare 4 oz. of baby formula in a 32 oz. container.
- Keep the formula cold until using it in the lesson.

## Equipment

- Training cup with a valve
- Training cup without a valve
- 7 infant feeding spoons
- 8 teaspoon measuring spoons
- 8 Tablespoon measuring spoons
- 6 sets of laminated Baby Cereal Recipes
- 32 oz. container with lid
- ¼ cup dry measuring cup
- 1 dinner fork
- 1 butter/table knife
- 1 dinner spoon
- Can opener
- 1 small bowl
- 2, 6-inch plates
- 1 empty, clean baby food jar with lid
- 3D example of ½" piece of food

# Let's make it! Plan, Shop, Pack List: Infant Cereal and Food Consistencies

## Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Dish soap
- Sanitizing wipes or spray
- Trash bags

## First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

**Educator:** \_\_\_\_\_

**Group Name:** \_\_\_\_\_

**# of participants in group:** \_\_\_\_\_ **Date of lesson:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

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