First Year Baby Food Chart

Child's Name: _____

We work in partnership with families and will provide foods in line with those that are enjoyed at home.

If, however, you are happy for us give your child any foods including those they haven't yet tried, then please sign your agreement and you do not need to complete the form.

Sign _____

Fruits		Vegetables		Dairy		Pulses/Legumes/Grains		Meat & Proteins	
Apples		Broccoli		Yoghurt		Kidney Beans		Beef	
Bananas		Carrots		Cream cheese		Chickpeas		Lamb	
Blueberries		Cauliflower		Cheese		Lentils		Chicken	
Oranges		Beans		Cow's milk		Pasta		Fish	
Kiwi fruit		Corn		Feta		Rice		Bacon	
Watermelon		Cucumber		Parmesan Cheese		Whole/Multigrain bread		Eggs	
Pineapple		Spinach		Coconut Yoghurt		Butter/Black/Cannellini beans		Tuna	
Pears		Zucchini		Margarine		Oats		Ham	
Strawberries		Pumpkin		Ricotta		wheat		Pork	
Sultanas		Sweet Potato		Mascarpone		Quinoa			
Rock melon		Potato		Sour cream		Wheat/Corn/SR Flour		**Herbs/Spices**	
Honey Dew		Onion				Rice noodles		Garlic	
Plums		Capsicum				Pita/Flat bread		Ginger	
Peaches		Mushrooms						Stock powder	
Tomatoes		Beetroot		**Pantry Items**		**Pantry Items**		Basil	
Peas		Celery		Coconut milk		Passata Sauce		Cumin	
Dates		Chives		Tinned tomato		Rice Cereal		Paprika	
Dried apricots		Lettuce		Tomato Paste		Milk Arrowroot		Garam Marsala	
Raspberries		Eggplant		Soya sauce		Teething rusk		Cardamom	
Mango				Worcestershire Sauce		Coconut Oil		Oregano	
Cranberries				Vanilla essence		Baking powder		Parsley	
Nectarines				Dessicated Coconut		Cream cheese spread		Mixed spice	
Avocado				Maple Syrup		Cocoa powder		Rosemary	
Lemons				Corn flakes		Kecap manis (sweet soy)		Fennel	
Apricots				Rice Bubbles		Rice Cakes		Curry Powder	
Olives				Weetabix		Rice Crackers		Moroccan spice	
				Vegemite		Olive oil		Cinnamon	
				Pepitas		Cruskits		Dijon Mustard	
				Sunflower Seeds		Curry paste		Lemon myrtle	
				Chia Seeds		Fish sauce		Thyme	
				Soft brown Sugar				Rocket	
								Bay leaves	
								Allspice	
								Dill	
								Coriander	