

Contents adapted from the book 'Baby Food and Beyond' by Alison & Simon Holst. Available at Bookshops or [www.holst.co.nz](http://www.holst.co.nz)

Children and infants need close supervision when eating. Ensure child is sitting upright.





# Snack and Finger Food ideas for 12 months plus

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Little kids Breadsticks



Beans (cooked)

Sliced chicken



Cherry tomatoes (halved)



Mango slices



Malt biscuits



Celery with peanut butter

Pikelets



Asparagus (cooked or canned)

Mousetraps



Cheesy vegetable squares



Orange



Hard boiled eggs



Yoghurt



Fruit bread



Mini muffins



Lamb cutlets



Fruit pottle



Crackers with avocado or cheese



Egg sandwiches



### Other Sandwich Ideas:

- Grated cheese with crushed pineapple
- Canned spaghetti
- Hummus and chopped lettuce

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