

# Early Childhood PTA to get lesson in 'Baby Food 101'

By Jami Knoth

For any parent hesitant about the ingredients found in the rows of processed, puréed and preserved baby food jars lining the grocery store aisles, local writer Julianne Hood has a homemade alternative.

Avon Lake author Hood will give new moms a food preparation lesson in her class, "Baby Food 101," on Sept. 4 as she discusses her recently published book, "The Basic Baby Food Cookbook," at the North Ridgeville Early Childhood PTA meeting. The book not only contains baby food recipes made with broccoli, carrots and peas, but also takes readers through a basic step-by-step process on infant food preparation, including meal planning, processing and storage.

"My baby food cookbook is really a cooking method for making homemade baby food," Hood said. "It goes beyond just simple recipes to helping moms with an entire method for making baby food at home."

According to Hood, baby cuisine from a jar tastes nothing like real food. When it's time to turn a child, who has been fed from jarred brand-name baby foods, onto the whole new world of table food, Hood has

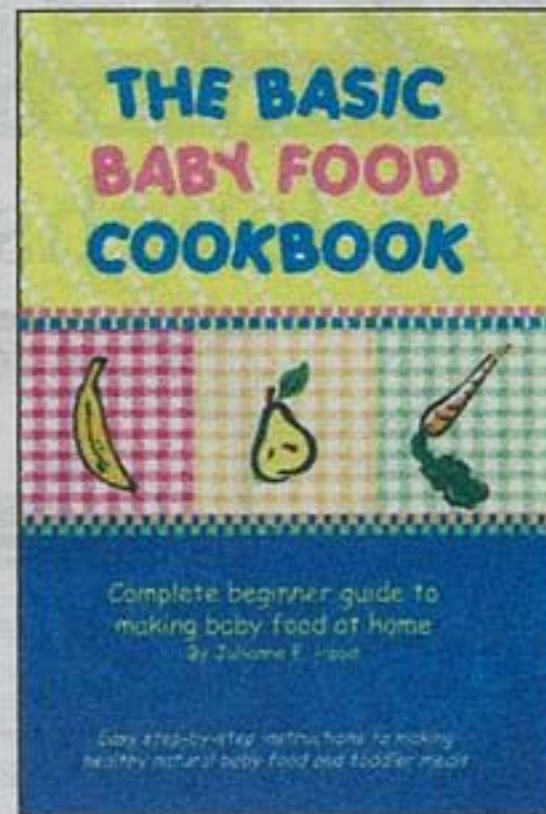
found that a lot of those kids become picky eaters.

"When you transition a baby to table food, it is like a whole new world," Hood said. "To kids who have had homemade puréed peas as an infant and who are given fresh peas at 4 or 6 months, the taste is exactly the same. Baby food from a jar doesn't taste anything like the real thing."

The mother of three became very conscientious of nutrition with her first child. With the support of her pediatrician, Dr. Brenda McGhee, she researched methods on making her own baby food.

"I did a lot of experimenting and came up with a process that was easy for me," Hood said.

As she developed more food combinations for her children, her friends began asking her for advice and instructions. She ended up writing it down, and with the persuasion of her friends and Dr. McGhee, Hood



decided to publish a book.

"My ingredients are the vegetables and fruits that you purchase from the grocery store or farmer's market (combined with) water," Hood said.

She added that most everything is cooked using a steam method and then chopped in a food processor.

"The whole key is to process foods in a greater volume to make it as easy on the mom as possible," she said. "You store everything in individual portions for your child. My servings cost about five cents each. And you can make around 50 servings for your child in less than 30 minutes."

Those who wish to attend the North Ridgeville Early Childhood PTA meeting on Sept. 4 to hear Hood discuss food preparation and "Baby Food 101," should meet in the North Ridgeville Middle School cafeteria at 7 p.m.

More information about Hood's book may be found at [www.thebasicbabyfoodcookbook.com](http://www.thebasicbabyfoodcookbook.com).