

mumi&bubi™

# 6 WEEK FOOD JOURNAL



Starting Solids  
with the  
Solids Starter Kit™

[www.mumiandbubi.co.nz](http://www.mumiandbubi.co.nz)



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## How to Use This e-Book

The mumi&bubi Starting Solids Journal will help you to keep track of your baby's progress as they discover their first foods.

You can print this entire Journal for personal use or, to save on ink, there are page numbers on each page to assist you in printing only the pages you need.

We have designated pages for Starting Solids Week 1 through Week 6. The standard Journal template on page 11 is handy to make notes for older babies or children of any age.

For working mothers the Journal pages are ideal to keep track of your baby's introduction and reaction to new foods, or to be aware of your older child's eating habits when you are not there. Simply print the Journal pages that you need for babysitters, caregivers or family members who may be looking after your baby.

### 4 Day Rule

Following the "4 Day Rule", your baby will have 2 new foods every week. With our weekly charts, you can see your baby's progress at a glance and make note of their likes and dislikes to their new food tastes and textures. Should your baby experience any trouble along the way, keeping good notes will allow you to look back and easily determine the foods that may be causing reactions due to intolerances or allergies.

If you have any concerns or questions about starting solids or introducing any new food to your baby, please consult your family doctor or local health practitioner.



## Healthy, home-made food is best for your baby. Just like it is for you.

Starting solids is an exciting time for you and your baby. It's a whole new world! The food you feed your baby now will influence his future health & well-being and form the foundation of good eating habits for his lifetime.

According to recent research, babies introduced to fruits and vegetables in homemade baby food are more likely to eat higher amounts of those healthy foods at age 7 as compared to children who were fed mostly commercially prepared baby food from packets and jars.

At mumi&bubi, this is no secret. It makes sense that babies who experience the taste of "real" food will continue to choose those healthy foods as they grow older. The proof is in the eating habits of my own children, now aged 2 and 4, and mumi&bubi parents around the world agree that homemade is the best choice.

*"I believe homemade baby food is the right choice, not because it is so much better than store-bought food - although I believe it is - but because it teaches us as parents how rewarding it can be to do something thoughtful and healthy for your child. It is food for your baby and food for your soul that you wouldn't get with jarred store-bought food. I love every minute of doing this for my son but I am glad not to have to do it the way they did in the "old days" - with a food mill and glass jars! Thank goodness for modern conveniences like Mumi & Bubi!"*

Natali Morris,

Technology contributor for The CBS Early Show and WCBS. Host on CNET TV. Mom.

mumi&bubi know just how busy parents are today and we have created the Solids Starter Kit™ to make home-made baby food easy. The unique design of our BPA-free baby food freezing trays allows you to freeze and store up to 1.2L of baby food in only 2 compact trays with lids, saving you precious time in the kitchen and saving space in your freezer.

I hope this Journal is useful to you. If you know another parent with a baby at the solids stage, please help us spread the word about just how easy healthy, homemade baby food can be with the mumi&bubi Solids Starter Kit™.

This is a very special time for you and your baby - enjoy!

Christina Piet, owner of mumi&bubi  
Mother of Max, 4 and Isobel, 2

# starting SOLIDS week 1

	breakfast	Lunch	Dinner	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Thoughts on week 1

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# starting SOLIDS week 2

	breakfast	Lunch	Dinner	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Thoughts on week 2

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# starting SOLIDS week 3

	breakfast	Lunch	Dinner	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Thoughts on week 3

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# starting SOLIDS week 4

	breakfast	Lunch	Dinner	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Thoughts on week 4

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# starting SOLIDS week 5

	breakfast	Lunch	Dinner	Notes
Monday				
Tuesday				
wednesday				
Thursday				
Friday				
saturday				
sunday				



Thoughts on week 5

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# starting SOLIDS week 6

	breakfast	Lunch	Dinner	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



Thoughts on week 6

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# FOOD JOURNAL FOR .....

breakfast

Lunch

snack

Dinner

Monday

Tuesday

wednesday

Thursday

Friday

saturday

sunday

notes





## At last!

The Solids Starter Kit™ makes it truly easy to freeze and store big batches of healthy, home-made baby puree and food for older babies. These unique freezing trays are Mum-designed to help you keep up with your baby's growing appetite.

Each Solids Starter Kit™ Includes:

- 🌿 2 premium baby food freezing trays with lids (42 cubes for maximum storage)
- 🌿 step-by-step e-guide with 27 recipes to get you started

**Save time** when you can freeze up to 42 cubes or 1.2L at once.

**Save space** in your freezer with our unique stackable design.

**Snug fit** - trays and lids lock on eliminating spills, contamination and freezer burn.

**Easy-out cubes** - simply press on one end of the cube and it will slide out the other end.



Stack compactly - only 7.5cm high!

Healthy, homemade baby food is so easy with the Solids Starter Kit™. Make it easy for you, too! Buy your Solids Starter Kit™ today or give one to a friend. It's the perfect baby shower gift or new baby present.

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