

# ORGANIC BABY FEEDING SCHEDULE

Baby's Name: \_\_\_\_\_

Date/Age: \_\_\_\_\_

<b>TIME</b>	<b>FOOD GROUP</b>	<b>ORGANIC INGREDIENTS &amp; NOTES</b>
<b>7:00 AM</b>	Milk / First Feed	<i>e.g., Breastmilk or Organic Stage 1 Formula</i>
<b>9:00 AM</b>	Breakfast	<i>e.g., Organic rolled oats with mashed banana</i>
<b>11:30 AM</b>	Milk / Snack	
<b>1:00 PM</b>	Lunch	<i>e.g., Pureed organic sweet potato and spinach</i>
<b>3:30 PM</b>	Milk / Snack	
<b>6:00 PM</b>	Dinner	<i>e.g., Organic avocado and steamed pear puree</i>
<b>8:00 PM</b>	Bedtime Feed	

\* Consult with your pediatrician before introducing new organic solids.