

# Finger Food Ideas for 9 months+

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.



# Small Meal and Lunchbox Ideas for 12 months+

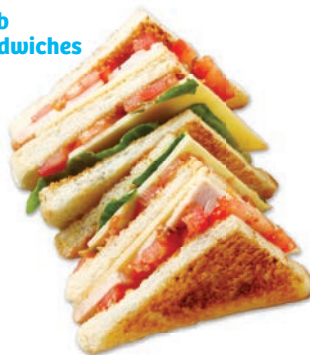
**Scrambled egg**



**Boiled egg  
toast fingers**



**Club  
sandwiches**



**Filled jacket potato**



**Small savouries**



**Sliced Fruit**



**Sushi**



**Celery with  
peanut butter**

**Wrap**



**Sandwich**



**Mini pizza**



**Mini muffins**



**Cheese & marmite  
on toast**

**Small tomatoes  
(halved)**



**Falafel  
balls**



**Banana toast**

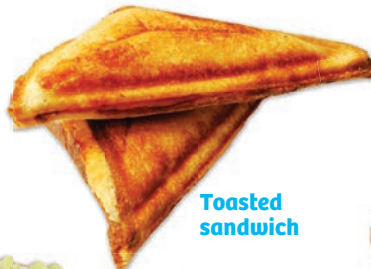


**Yogurt**

**Scone**



**Little Kids  
breadsticks**



**Toasted  
sandwich**

**Pita  
Pocket**



**Fruit salad**



**Lightly cooked carrots and dip**



**Mini burger**



**Pikelets**



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