

# Kale for Babies



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Babies can participate in Farm to School month! Try these fun activities to promote vegetables and fruits, while meeting Georgia Early Learning and Development Standards (GELDS):

- **Explore kale leaves:** Babies can touch, grasp, tear, and smell kale leaves, engaging in both sensory (PDM4) and fine motor (PDM6) development. For extra fun and hand-eye coordination development, encourage babies to use a kale leaf to pop bubbles (PDM6, APL4).
- **Incorporate vegetables and fruits into daily activities and play:** Read books, show pictures, and sing songs about different vegetables and fruits (CLL2, CLL5). *Rah Rah Radishes*, *Say and Play "Food"*, and *My Very First Book of Food* are examples of baby board books.
- **Mealtime learning:** Say and repeat the names of foods being served, focusing on vegetables and fruits (CLL2).
- **Taste it:** Tips for incorporating kale into the infant menu (PDM2):
  - **Please note it is not recommended** that babies younger than six months consume pureed kale, even if they have started solids. Their immature bodies may not be ready to process natural nitrate levels found in kale.
  - Remember to always communicate with parents before a new menu items is added.

Once you've taken the above items into consideration, babies older than six months that have started solids can eat kale in these baby friendly ways:

- If you make and provide pureed foods for babies, pureed kale blends well with a variety of fruits, vegetables, and proteins. For example, chicken, kale and apple puree, or kale and banana puree.
- For babies who have advanced to more textured foods, small pieces of kale can be stirred into soups, stews, casseroles, spaghetti sauce, and mashed potatoes

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- **Decorate your outdoor entryway with kale:** Hollow out pumpkins, fill with soil, and use as planters for kale plants. This is sure to be a festive, fun conversation starter with parents!



Photo Sources: <https://www.hgtv.com/outdoors/flowers-and-plants/vegetables/diy-pumpkin-planters-pictures>

<https://www.pinterest.com/pin/209206345170085452/?!p=true>