



 Little  
Spoons  
ALL NATURAL BABY FOOD



The secret  
ingredient is always  
Love



# Welcome to BoereSjiek Little Spoons

The weaning process can be a little intimidating if you are a new mommy or a mommy that is overwhelmed with a packed to do list. Little Spoons are dedicated to making your life a little easier and to give you that piece of mind that your baby gets all the nutrition for healthy development. We did a lot of research and educated ourselves with all things pertaining to weaning and baby food.

## We divide our baby food into 3 initial stages

**STAGE 1** is for 4-6 months. Usually weaning starts from 6 months, but if you feel your baby is ready you can start a slow introduction earlier with certain foods. These foods are meant for early eaters as they are typically very thin and smooth for the baby to move around in their mouths and more easily digested.

You can start with 1-2 solid feedings per day. With a feeding being 1-2 tablespoons. Start with a single ingredient, ideally a fruit or vegetable. Root vegetables like carrots, sweet potato and butternut are very popular first foods. They have a natural sweet flavour. For an easier transition to this stage, mix the purees with a little breast milk or formula.

**STAGE 2** is for 6-8 months. Here you can start to be creative and combine flavours. Green vegetables are full of important nutrients and can be mixed with stage 1 fruit and vegetables.

2-3 solid feedings per day with the slow introduction to meat and dairy. Chicken and other meats are unlikely to cause allergies and is very good to mix with sweet flavoured fruit and vegetables.



At this stage, all foods are still pureed and smooth. You can start with a slow introduction to more texture closer to 8 months. You can mix any of the fruit, vegetables or combinations with meat, yogurt or grains. Note that it must be full cream unsweetened yogurt.

**STAGE 3** is directed at 8-10-month babies. Here you can do 3 solid feedings per day. The food can be slightly more textured and not as smooth as the first

## Packaging and distribution

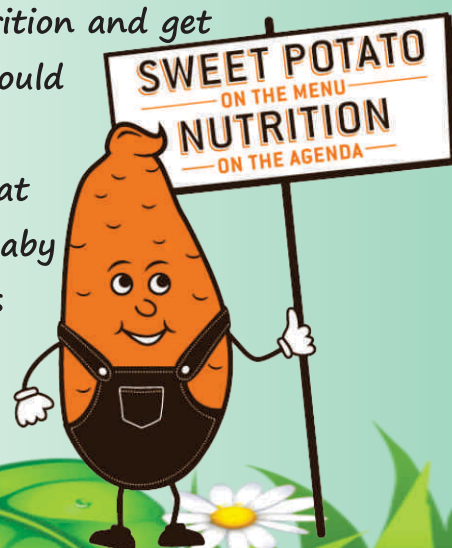
- All products are sold frozen.
- Store in an airtight tamper proof container.
- Thaw all products before use. Do not make is of a microwave oven for defrosting let the food defrost naturally.
- Always dish portions in a glass bowl before heating/ feeding. Do not heat in a plastic container.
- Beware of contamination with the baby's sputum. Always dish your portion size and refrigerate the rest.
- Refrigeration up to 2 days after defrosting.
- All products can be frozen for up to 3 months in an airtight container.

## Important to note

All products are 100% raw ingredients with no added salt, sugar or preservatives. We add natural herbs and spices to roasted or steamed fruit and vegetables to enhance the natural flavour. Natural herbs have a lot of medicinal properties.

The primary purpose of solids is to offer supplemental nutrition and get babies accustomed to new foods. Formula or breast milk should still be the primary source of nutrition for babies.

Note that fruit juice's nutrition can not be compared to that of purified fruit and vegetables. Remember to start with baby cereal, move to vegetables and fruit and then combinations with proteins, grains and yogurt.





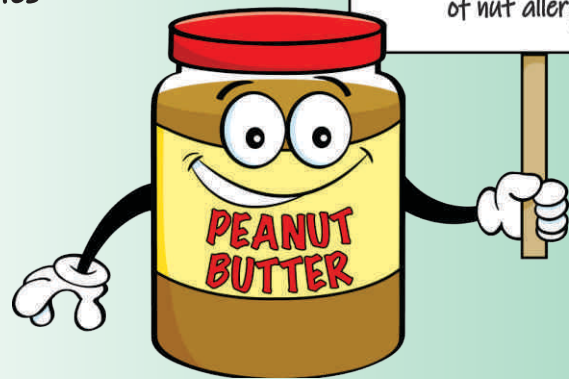
A good guideline for portions sizes is as follows:

### 6-8 Month's:

- 4-6 tablespoons of iron fortified infant cereal per day
- 3-4 tablespoons each of fruits and vegetables
- 1-2 tablespoons of protein

### 8-12 Month's:

- 1-3 tablespoons of protein
- 4-6 tablespoons of iron-fortified cereal
- 3-4 tablespoons of fruit and vegetables



Add unsalted peanut butter with no added sugar to any of your favourite fruit flavours for the introduction of nut allergies.

## Food Allergens and Food Introduction:

Introduce new foods every 3 to 5 days to make it easier to identify the source of an allergic reaction. Babies may need to try a new food many times and, in many forms, before they accept it. Keep offering a wide variety of new foods but do not force an infant to eat anything they do not want.

When the baby food does not have the desired consistency, add extra water, formula or breast milk.

Avoid honey and additives. Baby food should not contain any added sugar or sweeteners.

A good indication for when to start introducing food is when your baby starts giving signs that he/she is hungry- such as putting their hands in their mouths. Give you baby time to adjust to new flavours and consistencies. Each meal needs to be easy for your baby to eat and packed with nutrition.

Another indication for when to start solids is when your baby doubles in their birth weight, providing they can hold their heads up, sit in a highchair, open their mouths when food is presented and swallow. This usually occurs around 6 months.

Introduce fruit after vegetables if possible. If fruit is the first food, babies might expect all food to taste sweet. This is an important factor to consider because food tastes formed during early childhood can persist in life.





Fruit can also have a big impact on a baby's bowel movements as they don't have the ability to digest fructose effectively. Fruits that are very good as first introduction fruits are pears, apples and bananas.

## Prebiotics and probiotics

Probiotics are live “good for you” bacteria. It's an important component in digestive support and boosting the immune system. Probiotics aren't naturally found in food but are live bacteria used in the processing in some foods.

Prebiotics can be beneficial for infants by promoting the growth of healthy gut bacteria supporting the immune system and stimulating bowel movements.

Baby's gastrointestinal tract are 'sterile' in the womb and doesn't have any bacteria. The baby's exposure to bacteria comes from the mother and the environment. Breast milk contains prebiotics and probiotics. When a mother doesn't breastfeed, after breastfeeding or when solid foods are being introduced to the baby, it is very important that the baby's diet make the necessary provisions.

A good food source of probiotics is yogurt. It is important that it should be full fat and unsweetened. Prebiotic foods are oats, bananas, leeks, whole grain wheat, onions, garlic, asparagus and whole grain corn.



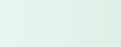
## Little Spoons Ingredients

Boeresjiek Little Spoons make use of 30 all-natural ingredients to create 50 baby food combinations. We divide our baby food into 9 categories:

1. One Fruit only
2. One Vegetable only
3. Only fruit combinations
4. Only vegetable combinations
5. Fruit and vegetable combinations
6. Fruit and vegetables combined with meat
7. Fruit and vegetables combined with grains



# Stages and Price List

| STAGE                                           | INGREDIENTS                              | ICONS                                                                               | SMOOTH  | SMOOTH  | TEXTURED |
|-------------------------------------------------|------------------------------------------|-------------------------------------------------------------------------------------|---------|---------|----------|
|                                                 |                                          |                                                                                     | 60ml    | 90ml    | 120ml    |
| 1 and 2                                         | Apple                                    |    | R 10-50 | R 15-75 | -        |
| 1 and 2                                         | Pear                                     |    | R 10-50 | R 15-75 | -        |
| 1 and 2                                         | Butternut with olive oil                 |    | R 8-50  | R 12-75 | -        |
| 1 and 2                                         | Sweet Potato and olive oil               |    | R 8-50  | R 12-75 | -        |
| 1 and 2                                         | Carrot                                   |    | R 8-50  | R 12-75 | -        |
| <b>All Stage 1 foods can be used in Stage 2</b> |                                          |                                                                                     |         |         |          |
| 2 and 3                                         | Roasted banana                           |    | R 10-50 | R 15-15 | R 20-50  |
| 2 and 3                                         | Peas                                     |    | R 9-50  | R 14-25 | R 19-00  |
| 2 and 3                                         | Green beans                              |    | R 9-50  | R 14-25 | R 19-00  |
| 2 and 3                                         | Spinach                                  |    | R 9-50  | R 14-25 | R 19-00  |
| 2 and 3                                         | Broccoli                                 |    | R 10-00 | R 15-00 | R 20-00  |
| 2 and 3                                         | Carrot and nutmeg                        |    | R 9-50  | R 14-25 | R 19-00  |
| 2 and 3                                         | Banana, apple, pear and rosemary         |    | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Apple, berries and banana                |    | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Apple and pear                           |    | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Zucchini, potato, leek and sunflower oil |   | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Carrot, potato and olive oil             |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Sweet potato, spinach, green bean & leek |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Sweet potato. Broccoli and Peas          |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Spinach, peas and pear                   |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Carrot and Peas                          |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Apple and carrot                         |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Pear, sweet potato and cinnamon          |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Pear, zucchini and peas                  |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Banana and sweet potato                  |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Apple, oats and cinnamon                 |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Carrots, berries and chickpeas           |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Multi-grain baby cereal                  |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Pear, butternut and oats                 |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Apple, chicken and sweet potato          |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Chicken, carrot, leek and peas           |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Chicken, butternut, carrot and spinach   |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Chicken, brown rice and apple            |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Banana, apple, coconut milk, oats        |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Beef and vegetable medley                |  | R 10-50 | R 15-75 | R 21-00  |
| 2 and 3                                         | Beef, carrot and barley                  |  | R 10-50 | R 15-75 | R 21-00  |

**STAGE 3 includes any of the baby food options above only with a little bit more texture**

|   |                                          |                                                                                     |   |   |         |
|---|------------------------------------------|-------------------------------------------------------------------------------------|---|---|---------|
| 3 | Mince and country vegetable              |  | - | - | R 21-00 |
| 3 | Mince, sweet potato and butternut        |  | - | - | R 21-00 |
| 3 | Fruit salad: Apple, Pear, Banana Berries |  | - | - | R 21-00 |

# Convenient Combos

## Stage 1 (60ml meals)

### **Variety Pack**

A variety of 15 Stage 1 meals.

**R 142-50**

### **Month pack**

A variety of 40 Stage 1 meals.

**R 380-00**

### **2 Week Pack**

A variety of 20 Stage 1 meals.

**R 190-00**

## Stage 2 (60ml Meals) 6-7 Months

### **Variety Pack**

A variety of 35 Stage 2 meals.

**R 367-50**

### **Month pack**

A variety of 45 Stage 2 meals.

**R 472-50**

### **2 Week Pack**

A variety of 23 Stage 2 meals.

**R 241-50**

## Stage 2 (90ml Meals) 7-8 Months

### **Variety Pack**

A variety of 35 Stage 2 meals.

**R 551-00**

### **Month pack**

A variety of 45 Stage 2 meals.

**R 708-75**

### **2 Week Pack**

A variety of 23 Stage 2 meals.

**R362-00**

## Stage 3 (120 ml Meals) 8-9 Months

### **Variety pack**

A variety of 35 Stage 2 and 3 meals.

**R 735-00**

### **Month Pack**

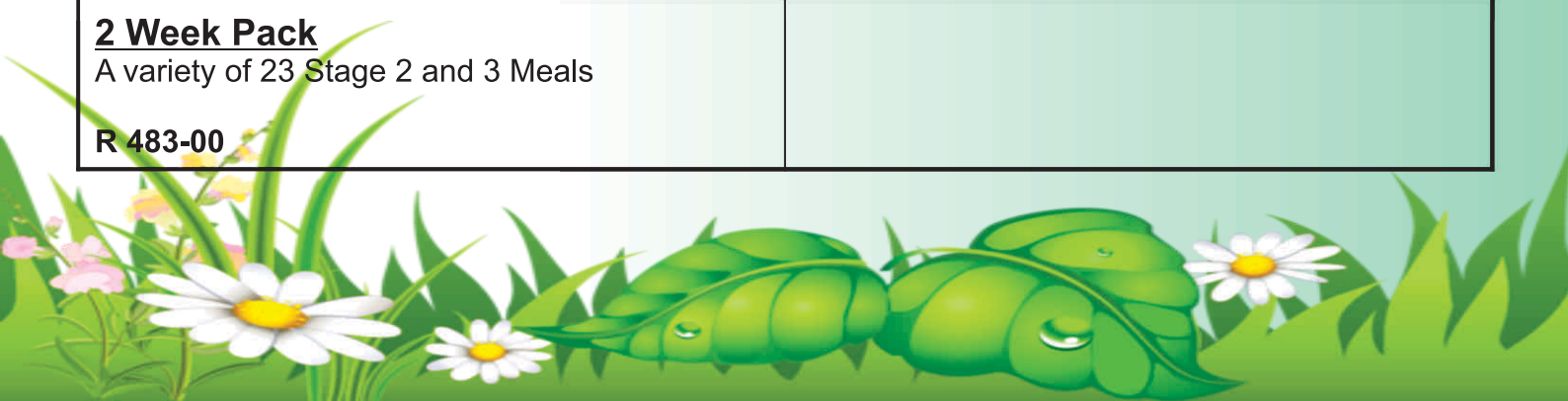
A variety of 45 Stage 2 and 3 Meals

**R 945-00**

### **2 Week Pack**

A variety of 23 Stage 2 and 3 Meals

**R 483-00**





## Toddler Range

- |                                                                                    |      |
|------------------------------------------------------------------------------------|------|
| 1. Macaroni & Cheese                                                               | R 10 |
| 2. Macaroni, mince & cheese                                                        | R 18 |
| 3. Chicken pasta with small veggies and a cream sauce                              | R 18 |
| 4. Boeresjiek Lasagne - Mixed pasta cooked till soft with mince and a creamy sauce | R 18 |
| 5. Savoury mince and mashed potato                                                 | R 18 |
| 6. Savoury rice with a variety of small veggies and mince                          | R 15 |
| 7. Broccoli and cauliflower with cheese sauce cooked soft and tender               | R 15 |
| 8. Carrots and potato mashed but still texturized                                  | R 15 |
| 9. Chicken-a-la-king                                                               | R 18 |
| 10. Green beans and potato mashed but still texturized                             | R 15 |
| 11. Sweetpotato                                                                    | R 15 |
| 12. Butternut                                                                      | R 15 |

We sneak in hidden veggies in all our dishes.

All meals above comes frozen in a 250ml foil container.



# BOERE *Sjiek*

94 James Moroka Str  
Potchefstroom

[info@boeresjiek.com](mailto:info@boeresjiek.com)

066-520-0949

