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!


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