

Jess Dang:

Hi there! You're listening to episode number 28 of the Cook Smarts podcast. I'm Jess Dang, the founder of Cook Smarts and I'm here to help you become a more confident and organized cook in the kitchen. Okay, so this episode will go live April 9th, so you're hearing it sometime after April 9th, but I'm taping this into the week of March 16th, when basically the world just turned upside down due to the spread of COVID-19. As of taping today, I'm about three days into my county's shelter in place order, which is just a euphemism for you are no longer allowed to go outside unless you need to buy food or gas or need to see a doctor.

Jess Dang:

My kids' preschool is closed, our daycare is closed for this week, but likely it'll be longer. And while, we still have access to all the first world things, we've always enjoyed electricity, running water, refrigeration, the internet and all the streaming platforms, just to be cut off from physical contact, from extended family, your friends, neighbors feels just really harsh and unhuman. We humans are social creatures and yeah, we can video chat, but it's just not the same. Like I love that I can talk to you through this podcast. It's not the same as if I could invite you over to my home for dinner, which I would love to do.

Jess Dang:

So even though the juggle of work and childcare have been pretty difficult, I would prefer the juggle over not having the company of the kids. Do not get me wrong, if this happened in my pre-kids life. I would totally be binge-watching everything. But in such an uncertain time, I have found just so much comfort in their laughter and joy. And in the case of my kids, they're young, so they're just naive to everything that's happening. So, I hope that wherever you are in the world you also have something to find comfort in during these uncertain times. Please let me know if there's something that I or Cook Smarts can do to provide more comfort.

Jess Dang:

I've gotten lots of messages from our members saying, what a comfort our service has provided them during this time with all the other uncertainty, we're facing what to make for dinner is just to worry that nobody needs. I know it's been super frustrating and worrisome to get to the grocery store and not be able to get everything that you want. Luckily, our meal plans are made to be super flexible. You can always make do with what you can find and our vast archives can also help with that. In addition, we created a protein substitutions guide a while back that I've shared through all of our content channels. It's going to be really helpful now because all of us are just going to have to be flexible.

Jess Dang:

And if you haven't seen it, just search for meat substitutions on cooksmarts.com, and of course our Facebook group also acts as a really great substitution suggestions hotline. If you find yourself in a whole new cooking situation having to eat at home more or having to serve lunch to your whole family every day. We would love to help you navigate through it. Like I mentioned, our meal plans are incredibly flexible, but they also provide an element of structure and certainty every week, which can be incredibly comforting to have during times.

Jess Dang:

Just head to [cooksmarts.com](https://www.cooksmarts.com) to grab a trial, and remember all of us are navigating this new normal together. Okay, so now onto today's podcast. As I said, I have found a lot of comfort in my kids and one of the things that has given me the most joy in parenting is sharing meals with them. However, feeding a four year old is very different than feeding a baby. And I do remember feeling a bit clueless when I started introducing solids to Neko who's my oldest, and she is now almost five. She'll be five this August.

Jess Dang:

So, luckily you will not have to feel this way after listening to my conversation with Jenny Best, the founder of Solid Starts, I invited Jenny on to talk all about baby led weaning, which is the process of transitioning a baby to solid foods using a finger food, first approach. So Jenny is the mom of three including a set of twins and Solid Starts grew out of her own challenges of introducing solids to her little babes. From fears of choking to lack of information around what foods are best for babies, she started just doing the research and documenting it all herself. And now, all that information is available on Solid Starts.

Jess Dang:

They have an ever growing food database offering parents incredibly useful pragmatic information on hundreds of foods all for free. So I really love it because each ingredient has a nutrition rating and nutritional information and you know when and how it should be introduced if it's an allergen or how it can be a choking hazard and just so much more. Plus the site is just beautiful and so well designed. It's such an incredible resource and I really wish it was around four years ago when I was starting Neko on solids. However, I still have one more baby. Charlie started solids about six, seven months ago and I have found lots of new ideas for what to introduce to her diet and also our family's diet.

Jess Dang:

All right, without further ado, here is Jenny. Jenny, welcome to the podcast. I'm so excited to share your story and all the great things Solid Starts has to offer parents.

Jenny Best:

Yes. Thank you so much for having me, Jess. I've been following Cook Smarts for a while and I absolutely love your work, so I'm honored to be here.

Jess Dang:

We're so excited. Yeah. So, before we get started on everything baby led weaning. So I'd love for you just to introduce yourself to our listeners and share the story of how Solid Starts got started.

Jenny Best:

Sure, I have an unusual story. I was born in Reno, Nevada and I wanted to be a ballerina. That was my dream. And so, I did everything in my power to study at the best schools and do all of that and found my way to New York city as a teenager and ended up being the New York City Ballet, one of the best companies in the world. And that was my life until I was about 21 when I broke a vertebrae in my back, and was on bedrest for like a year. Completely ended my career, but now it's sort of like a degenerative injury they call it.

Jenny Best:

And so, I applied to college from bed as a recovering, ballerina. And during that time of college, 9/11 happened, and I really switched my focus to government. Worked for Mike Bloomberg for about a decade when he was mayor here. And then got really burned out. I needed to take some time off and fell in love with food and all things farming, and had babies and fell in love with baby food and all things, meal prepping for baby food. And that's what brings me here today. I think the story of Solid Starts is one of necessity, like so many innovations we see today.

Jenny Best:

I'm a mom of three under four, and when my twins were born, I have 20 month old twins. My first born was only two years old, and super picky eater.

Jess Dang:

Wow. Oh my gosh.

Jenny Best:

Super, super. Yeah, it was really intense. Everyone was in diapers. It was a crazy time. But with Charlie, my firstborn, I unintentionally raised him as a picky eater. I didn't know what I was doing back then and almost like kind of ashamed to think about like how long I spoon fed him and how afraid I was and just how much fear drove the process of my decisions around food. I was just super afraid to introduce new foods to him. I was terrified of allergies. He has some allergies and you know what ultimately happened was I raised this three year old, now four year old who completely hates to eat.

Jenny Best:

And it pains me because I love food so much. So when I was pregnant with the twins I was like, "Okay, we're going to do this differently this time." And I really researched all the different methods of introducing solids. Really landed on baby led weaning as a style and philosophy that felt right for us, and from day one of introducing sort of real food to them. Right? The idea of giving them finger foods before anything else, I was like, "Oh my gosh, how does the world not know about this?" It was clear to me from day one that this was like what was meant to be. It's like in a way the most natural way of introducing food. Like let the baby pick it up and eat it.

Jess Dang:

Yeah. So tell me more about that. Like what baby-led weaning specifically is and where the whole like concept came from because I feel like, just like you, when I think about starting baby on solids, I think a puree. So that's been what's been done for so long. Like I know that's how my brother and I started on solid foods. Like, the little glass Gerber baby jars, and I remember there's so many pictures of my parents feeding us that. So yeah, the whole baby-led weaning thing was new for me too when I had my kids, and I was like, "Wait, what is this exactly?" So, I'd just love for you to talk more about that.

Jenny Best:

Yeah, sure. So, Baby-led weaning was founded, gosh, more than a decade ago now, by a nurse in the UK. And her hypothesis was basically, babies are bringing their hands to their mouth, they're reaching for things, they're teething on things. What if we skipped the purees? What would happen? And what they found was that kids are kind of naturally inclined to eat. They're born to eat in a lot of ways. And when you really look at the history of baby food, like baby-led weaning seems new to you and I, because our

moms and their moms were like the generation targeted by huge food companies, Gerber and all of that.

Jenny Best:

The marketing campaigns of companies who produce purees. And also formula companies telling them that breast milk wasn't enough and that your home cooking wasn't safe back then, that your home canning was not safe back then, which maybe had some credibility to it. But the history is interesting because we call it baby-led weaning now, but it kind of makes me laugh because I actually think this is probably how babies were fed before the perfectly thin, smooth puree was invented and jarred and marketed to moms. In fact, there's a fascinating book that I've been reading on the history of baby food.

Jenny Best:

And what it says is that, back in the 1800s, we're not talking about like Vitamixes and blenders, it was really hard to kind of break food down and make it, into a mash or puree. And so, I think what happened back then is that babies were probably getting a wider variety of textures. In fact, moms used to pre-chew food quite a bit, meats in particular and hand it to their babies. So you weren't getting these like thin watery jars or pouches of carrots, right? It was real food just mashed down. And in a lot of ways that's kind of still what baby-led weaning is.

Jenny Best:

We're not suggesting you give your baby a raw carrot, which we all know is a choking hazard, but, real food and in appropriate sort of age appropriate texture. But the idea is let them go at it. You don't actually have to spoonfeed. Almost any mother of a six month old will tell you that all that baby wants to do is to put things in their mouth.

Jess Dang:

Oh, yes.

Jenny Best:

I really believe they were born to eat.

Jess Dang:

Everything, yes. I have my Charlie. My Charlie, I have a Charlie as well. She's the youngest. And she's now almost 11 months, and it is everything goes into her mouth and it's just so natural. But yeah, for me it's been really amazing. I started all three of my kids on purees in the beginning just because I don't know what it was is just like I'm someone who like is feeding people for a living. And so, I just wanted to feed earlier, and I started them on purees but they quickly transitioned finger foods. So I'm curious like with baby-led weaning, is there still a place for purees? Like where does the philosophy like the guidelines stand on that?

Jenny Best:

Such a good question. I think a really important one. First I want to back up because you said something that's really important that I think a lot of moms miss and that was that you transitioned to finger foods pretty rapidly. The thing that most folks don't know is that no matter how you start, whether it's spoon-feeding, what pouches, whatever it is, by nine months old, your baby should be eating finger foods any

way. So we're really talking about the first three months from six months to nine months, see how you want to start.

Jenny Best:

Now in my book, there's absolutely a place for purees, and in fact adults eat them too. We eat soups and applesauce and things like that. So, I'm not real draconian about it as I think some hardcore baby-led weaners are. But I think for me it comes down to the how, how is that baby eating? The thing that I love about baby-led weaning and our campaign, which is called Finger Food First is that it empowers the baby to independently eat, which they know how to do in a lot of ways. If you're bringing a spoon to the mouth of a six month old or a seven month old, most six or seven month old babies could actually grab that spoon from you and bring it to their mouth themselves.

Jenny Best:

They should be able to do that about that age. So in a lot of ways a real stringent or aggressive spoonfeeding or prolonged spoon-feeding is actually sort of asking the baby to put their hands behind their back and lean forward and open their mouth. It's almost like arresting that development in a little bit of a way. So for me it's less about the food consistency puree or whatever. And more about the how and letting the baby self feed feels really important.

Jess Dang:

Yeah, I think so too. I think and I think for me that experience, like I had no, when I went into it, I'm sure it's very similar to your first work with my first like. I didn't have a plan, I was just like, okay, she's hit like at a point where like I feel like I should be incorporating solids and I started off doing like, let me make the homemade purees and she just totally rejected them. I like try and mash them down. We didn't have a Vitamix at that point, and I was just using a stand like one of those immersion blenders and it just wasn't getting a smooth texture.

Jess Dang:

But now I realize like you know we actually want to incorporate some other texture. We don't want everything to be super smooth, so I ended up just buying like the pouches or some of the jars but I was so surprised at how quickly like she just had that hand eye coordination to start picking things up, because we would offer when we are eating dinner we would just put stuff on her high chair as well, and if she picked it up great, and if she didn't that was fine too. To me that was like a sign, like she could pick things up that she was ready for solids. Are there other signs that we should be looking for to help us know, "Okay baby is ready for finger foods?"

Jenny Best:

Yeah, definitely. And I think if you're going to start with baby-led weaning or Finger Foods First, it's really important to listen and look for these signs too. So the first you want to make sure that your baby can sit relatively unsupported, doesn't have to be for five minutes, they can topple over after a minute or so. But to have the core strength to push up from their tummy and to get in a seated position that tells us that the core is strong enough to allow the body to make smaller movements with the hands and the arms and to bring things to their mouths.

Jenny Best:

It's also really important for a choking prevention. They're not like hunched over in a reclined seat, right? Head control is the second most important thing. Making sure that the neck is strong, their heads aren't kind of swinging around. Like we see young babies do. They're able to hold themselves erect and upright and bring something to their mouth and not be kind of slumped over. The third thing you want to look for is that reach and grab. What we were talking about before, like reaching for an object and bringing it to their mouth, whether it's a toy or a piece of steak.

Jenny Best:

And then, the last one is a little bit sort of more soft. It's sort of if it's there, it's nice but it's not crucial, but expressing an interest in food, that's usually a sign that they're ready as well. So you want all four of those things ideally to show up before you start handing over finger food to your baby. That said, if you have a six month old or a seven month old who is not exhibiting any of those sort of developmental signs, it's a really good time to check in with your doctor because it's pretty common for I would say by six and a half months for sure, for them to be doing all of those things.

Jess Dang:

So let's say, baby is showing all of those signs are on their way to starting solids, incorporating more solids into their diet. So what are the other steps that a parent should be taking to start that process, to introduce foods in a safe way? What foods are good first candidates? Do they have to... is there anything particular about the high chair setup that the parents should be aware of?

Jenny Best:

Yeah, really good questions. I think people sometimes get so caught up in the food, they forget about the environment and the equipment. And as much as I don't love the sort of craze of baby equipment and you need this, \$400 this and everything's so expensive I would say if you're going to spend money on anything, spend it on a good high chair. Look for a high chair that is completely upright. So, no reclining at all. If that highchair, even reclines, it gives me concern about the manufacturer.

Jenny Best:

A baby should not be eating in a reclined position. You also want to look for a high chair that has a foot plate. And one that's adjustable so that it can go up to meet a young baby's feet. They're just kind of dangling and barely hanging off the chair and then down as they grow. A number of chairs are out there now that are making this type of adaptable high chairs. It's kind of become the gold standard. The other is just like making sure the environment is safe. Babies startle easily. So if you've got a really loud dog or other kids running around as you're just getting started and six month old or a seven month old, try to the extent it's humanly possible in reality, feed them at a quiet time during the day so that they're not distracted.

Jenny Best:

And not, suddenly startled while eating new textures in their mouths. In terms of the food, well this is the heart of Solid Starts. When I wanted to do baby-led weaning, the barrier that I kept running up against was, okay, I have a piece of steak sitting in front of me, and I have two six month old staring at me like drooling for it. How do I cut this for them? And that's why we created the First Foods database, which is free on our website. You can look up any food there or will be able to, once it's done, instructions for how to cut it and prepare it safely.

Jess Dang:

Well I just want to stop you here because your website is so beautiful. First of all, for me it's like with food, like everyone eats with the eyes first, and this website is like you just want to spend like all day in it because it's so beautiful. All the photography that you've done. And then of course it's got great information. So, I encourage everyone of course to visit it and just spend some time in there. Even if your kids are a little bit older, I think there's so much information in there for you.

Jenny Best:

Yeah, it's funny because I have gone back and forth between like is this a food database just for babies or is this like a food database for life? And right now, it's definitely written through the lens of babies and introducing, certain foods to babies for the first time. But when we're done with it, hopefully by the end of this year, there's actually like a hundred foods in there now, but there will be a thousand. So, we're hoping that it'll be completely comprehensive and you can go there from your phone or from Instagram, wherever, pop in any food that you're looking for and boom, boom, boom, get everything you need to know about whether it's an allergen.

Jenny Best:

You see videos of other babies eating it so you can kind of gain the confidence, "Okay, that baby's doing it. My baby can do it too." A recipe, but also just more importantly like exactly how to cut it and cook it by your baby's age. So, how to do steak for a six month old versus an 18 month old, is actually really different. So yeah, so I built the thing I needed.

Jess Dang:

That's great. And that's how so many companies start, someone's like, there's a need for this because I need it. And then they just build it. And then you realize a lot of other people also need this.

Jenny Best:

Exactly.

Jess Dang:

Yes. So let's talk about a little bit more about the food. So if you were a new parent, you were consulting a parent that is starting a kid on solids, what are maybe like the 10 foods that aren't so, pretty standard or something that like a parent probably is cooking anyways that they could start offering their six month old?

Jenny Best:

Yeah, I love eggs. It sounds so simple, but omelette strips are one of the very best foods for young babies. You can just kind of cut it in like a rectangle, like almost like the shape of two adult fingers together. Like the length of that and the width of that. And even a young baby will be able to kind of swipe in the air and pick that up from you and munch on it. Eggs are great. So anytime you're doing that, just obviously cook them well. You can hand over some... six to 12 month old babies and beyond need a ton of iron.

Jenny Best:

So anytime you've got lentils or red meat or lamb on the menu, that's a good time to share as well. Young babies can have those things just as easily. They can chomp on a burger or even suck on a lamb chop, and broccoli. Steamed broccoli I think is one of my favorite baby foods. It's kind of a wild texture for them and they'd get a little like, "Whoa, what are all these little florets going on?" It's really funny to watch a six month old with broccoli it's one of my favorite activities, but it has crazy amounts of nutrients. Like we all know we're supposed to eat our vegetables, but broccoli like truly deserves super food status. And is one of my all time favorite foods.

Jess Dang:

And then are there foods that babies should definitely avoid?

Jenny Best:

Yes, there are. And I don't love being the person who's like, don't eat this, don't eat that. But I have found that you kind of have to because otherwise you get people, messaging you have videos of their baby's eating, like the number one choking hazard and you're like, "Oh my God, my God, my God." So actually, I produced a guide to like the 30 foods you should never serve your baby before age one. And shockingly, the thing that tops the list is raw apples. I think because we all had pouches or purees that like the number one ingredient, the first ingredient was apples because it's sweetened, used as a sweetener, right?

Jenny Best:

In so many foods, we associate apples as like a baby food, but raw apples are a major choking hazard. Now, can you adapt them to make them safe? Absolutely. You can cook them, you can mash them, you can slice them into paper thin slices would even be fine. But there are a host of foods like that. Basically, this is like, instead of rattling off a list of foods that they can't eat. I would say try to educate yourself on what is a choking hazard. The sort of three things that make something a choking hazard. One is, is it hard? Like is it firm in consistency.

Jenny Best:

The second is, is it round? That's why you always hear about, cherry tomatoes or grape tomatoes or grapes being a major choking hazard because they're sort of like that perfect cylinder round shape. And the last is, is it slippery? So if something is firm, round and slippery such as a grape, then it's a really big choking risk. So the thing is though is you can modify almost any food to make it safe. If you address those three factors, right? So you can cook something to make it soft, you can cut and quarter grapes to make them safe for eating or other round foods like that.

Jenny Best:

And you can even roll things like mango or whatever slippery fruit you might have in mind in like Panko breadcrumbs or coconut flakes to kind of give it a little more texture and reduce the slip factor a little bit. Other than that, the other main thing is just watching sodium. And I think, for most people, they don't realize that like two tablespoons of soy sauce could actually put a baby in kidney failure. So you do have to watch the sodium and really try to just give their portion without salt and you can season your food later because that's a serious thing. After 12 months, it's not as much of a problem.

Jess Dang:

Got it. And I was actually wanting to talk a little bit more about that because I was curious about, when you're introducing different foods, are there certain things that like you should introduce later on because like is there... The other thing I guess basically, baby's bodies are not ready for?

Jenny Best:

Yeah.

Jess Dang:

Are there certain foods, but it sounds like sodium is like one of those macros where like, you just don't want too much of even as an adult, but a kid, two tablespoons. Most likely if you're sharing a meal with a baby, there's getting like a couple of bites. They're most likely not getting anything significant. And so that's why I always encourage people to not worry too much.

Jenny Best:

Worry too much about it.

Jess Dang:

I wouldn't share a chocolate cake with my baby. But it's like if you cook something at home, it's likely that it's fairly health, like it's not going to be loaded and-

Jenny Best:

Exactly. Exactly. Seriously, almost all food is fair game. The one area that you do have to be a bit careful is cheese because for the same reason with sodium. There's just some cheeses that are like astronomically high. And you don't want, honestly, cheddar cheese is really high in sodium. American cheese, some of these super processed cheese are very high in sodium. So that I like to usually wait until after 12 months also too like why prime your baby's palate for that? You might as well hand them a bag of potato chips. [laughter]

Jenny Best:

And then the other thing is, it's interesting shellfish is, I introduced shellfish. They've had all the shellfish in the sea before 12 months old. But if it's something you're eating, like every day you might want to push that off a little bit later as they get older, 12 months or so because it's also really high in sodium just naturally from the sea.

Jess Dang:

Speaking of the sea actually, I know mercury is clearly a concern. It's a concern for pregnant ladies and most people are not eating so much fish that like they are too worried about, but are there fish that babies should wait until after 12 months or any fish high in mercury that we kind of hold off on?

Jenny Best:

Yeah. This is a huge topic and we produced a fish guide recently because I've found it so difficult to navigate. Here you've got, we all know that tuna fish has mercury, right? But the American Academy of Pediatrics and the FDA are recommending tuna fish for children. And so, I started really scratching my head around this, like how is it that tuna is one of the highest fish in mercury and then we're getting

recommendations to eat tuna? So I really dug in there without going too much into the politics of it all. We did produce a guide on fish.

Jenny Best:

And what I will say is this, no amount of mercury is safe for babies. All the recommendations you see around fish from the government, whether it's the American Academy of Pediatrics or the FDA or the CDC, those are all for kids older than age two. There actually are no official government recommendations for fish, for babies. We are the first to produce it. And obviously we're not a government entity, but we had a pretty rigorous process in the review of it all. So, rather than focus on all the bad fish in the sea, because unfortunately quite a few have too much mercury in our opinion for babies, I'll tell you, just feed your baby sardines.

Jenny Best:

They're like the number one best thing you can do for their diet is to give them low sodium, canned sardines. This has got a ton of calcium, a ton of iron, a ton of Omega fatty acids, everything your baby's brain and like growing body needs and is like, maybe like number one or number two in terms of the lowest in mercury. So, sardines are my favorite. After that, I would say go for wild Alaskan salmon. Sockeye salmon's amazing. Canned Sockeye salmon is also amazing for babies. And trout is great as well.

Jess Dang:

Okay, well I'll have to start adding more sardines into our diet. We haven't been... We do sardines and anchovies-

Jenny Best:

Do it on bath day, it's a little stinky.

Jess Dang:

Yes. Yeah, exactly. We do that for the older kids, we do like one of like a pasta sauce that's made out of like anchovies sardines and like lemon juice.

Jenny Best:

Nice, nice.

Jess Dang:

The kids love it because it's briny and salty. Because of the anchovies and the capers. But I have not done that with Charlie yet, so I'll have to do that and see how she likes it.

Jenny Best:

And you can make sardines just like you would a tuna fish salad for a baby or a pre-schooler. It's a great tuna replacement.

Jess Dang:

Well, one thing that I forgot to ask when we were talking about like signs of baby being ready for solids, we never talked about teeth. I realize.

Jenny Best:

What a good question.

Jess Dang:

All my kids had their teeth in late, so like at eight months, so Charlie 11 months now still only has two teeth. And I really, well first I was like, "Oh my God, she has no teeth like how she ever got eat anything." But I guess for any parent that's like stuck their finger in their kid's mouth, they know how hard those gums are, the teeth are just right below.

Jenny Best:

The teeth are underneath. It's a really big misconception that babies need teeth to process food and swallow it. And in fact, if you think about the teeth you use to chew, they aren't your front bunny teeth.

Jess Dang:

Right?

Jenny Best:

The first teeth usually they come in for babies are those like front the top and lower bunny teeth as I call them. Those are used for tearing, but they're not used for chewing. The molars don't come in until well after your child's first birthday. Those gums are really powerful and strong and they can absolutely mash and process foods. And look, if you can teach your baby to spit food out as well, most do kind of naturally if it's too big to swallow, or they didn't quite chew it well enough. I like to just say, "Say ah," and stick your tongue out really dramatically and your baby will copy you and the food will fall right on out. So, encourage them to take small pieces and to take little bites as they get older and understand you. And then if you need to coach your baby to spit the food out, that's always okay too. But you don't actually need teeth to eat.

Jess Dang:

Yes. That was a huge surprise to me as a new parent. So, in terms of the progression, so as the baby gets older, you can introduce more foods, but what about firmness? When can you sense like maybe they can have a like less... Not a raw carrot perhaps, but do you experiment with that, to see if they're able to chomp down on things that are a little bit firmer?

Jenny Best:

Yeah, yeah. There's no sort of perfect age guideline for that, because all the kids develop on their own timelines. They grow teeth at different ages. Actually, you do need teeth to chomp on a raw carrot. That is one, but you could serve grated raw carrot and that's totally fine. And they'd be able to process that without teeth. So, like I said, almost any food can be modified for a young baby and to be safe. In terms of sort of when to start going to more raw vegetables or some of the more known tricky foods or choking hazards. You got to watch your baby. For us it was probably around 18 months I started to get more confident in my twins' eating abilities to eat more raw vegetables. But I would still cut carrots pretty thinly because I'm just kind of paranoid about them.

Jenny Best:

But I feel like what happens with a lot of things with motherhood, it just kind of happens organically. You start to see, and you know your baby is okay. But you know, would I offer raw carrot that's just in a carrot stick, or a coin, or a baby carrot to an 18-month-old? No, I think two years old is probably where parents start to relax a little bit, and babies really have it under control, but it really depends on the baby. So, I would say first thing is follow your gut and follow your baby and let them lead the way.

Jess Dang:

Yeah, I feel like that's been my experience because yeah, I didn't have like a game plan going out, but it was just like my kids were like... They were good eaters and they were excited about eating these foods. So, I was like, "I'll offer them these things." And I definitely was a parent that did not realize that popcorn is a choking hazard. And I offered my kids popcorn.

Jenny Best:

Yeah, crazy, right?

Jess Dang:

Yeah. I offered them popcorn pretty young and it was never a problem. So, to me it was just like... Had I known it was a choking hazard, probably would have waited, but at the same time my kids had very good, I guess like, eating skills and we were always usually around them when they were eating. So, it turned out okay.

Jenny Best:

Well, also think about when popcorn with kids, I feel like it might be at a picnic outside, or at a carnival. Like you've got a lot of toddlers running around with snacks, and I honestly think that probably affects the choking statistics. There is no way to really find out. We've tried, but I just have like a mother's gut sense that a lot of these choking statistics are toddlers and not necessarily babies. Because as we all know, no toddler wants to sit still while they're eating. They just want to run around with snacks in their hands.

Jess Dang:

Yes. Yeah. We've definitely solved the problem of my two-and-a-half-year-old running around with grapes. And I'm like, "No, you cannot do that. You need to sit down."

Jenny Best:

Yeah. Yeah.

Jess Dang:

So, I guess I am also curious about what happens when you start solids, and your kid's just like not into them. What kind of advice do you share with parents, or really feeling like, "I'm so excited about this new phase but my kid is not as excited"? Do you pull back, and do you keep offering? What is the best way to approach that?

Jenny Best:

Yeah, I mean first you need to get at the root of the cause, because it is a really natural development for babies to want to eat. So, if we're talking about a six-month-old who is just not interested, it's possible

they're just not ready. Try again in two weeks, wait a week, that's okay. If we're talking about a nine-month-old who was spoon fed, exclusively and now doesn't want to eat well, my guess, ruling all other things out, healthy baby, etc., etc., is that they want some control. But either forgot how to do it or don't know how because someone was doing it for them. And they're frustrated.

Jenny Best:

So then there needs to be kind of a tear the band-aid off transition into letting them feed themselves. But the other thing I point to is looking at the chair because often babies are just uncomfortable. If they don't have a foot plate, all of that... It's kind of like if you were to eat off of a bar stool that didn't have any real place for your feet to rest, at some point that begins to feel uncomfortable and you're not going to want to stay in your high chair. So often when parents say, "My kid's screaming in the high chair, doesn't want to eat." Ask them what chair they have because that can really change the situation dramatically.

Jenny Best:

And then, the other thing too is there are legitimate challenges with feeding. There are legitimate swallowing challenges, developmental things that really do require therapy. So, if something doesn't feel right to you, talk to your doctor and ask them to write a prescription for a feeding therapist, or a speech language pathologist. These folks do wonders even with two weeks of work. And we actually worked with one with Charlie when he was about age two and it was like life changing even for how we were approaching meals, and things like that. There are a lot of resources and support out there if things aren't going quite right, but you've got to get to the root of the problem regardless.

Jess Dang:

So how about allergens now? Because I know that there's been so many recommendation changes, like there are lots of kids with allergies. You mentioned one of the first foods that you would introduce was this omelet. So, eggs I know is an allergen, and I know many kids who are allergic to eggs. So how do you sort of... And I think that's like a huge fear for parents.

Jenny Best:

Totally.

Jess Dang:

So how do you introduce foods with that sort of specter in mind, that "Maybe my kid could be allergic to this," and how do you deal with it if you do find out that your kid does have an allergy to a certain food?

Jenny Best:

Yeah, no, the fear is paralyzing. And I was paralyzed by fear of allergies with my firstborn, and in large part, one of the reasons why I didn't introduce a wide variety of food to him and why he only eats three things now. No, in all seriousness, look, there's a real fear around allergies and it's valid. Allergies are increasing. There is a really interesting statistic that I came across in my research with this. It's on my website if you want to geek out about it. But basically, in the early thoughts, your doctor would tell you do not introduce allergens until age three.

Jenny Best:

So, what are the allergens? They're like eggs and soy and tree nuts, things like this, right? So, there's a whole sort of generation of babies who didn't have those foods until age three, because the wisdom at the time was it's too dangerous. It's better to avoid them. Wait until age three. Do you want to know what happened in that decade?

Jess Dang:

Yes.

Jenny Best:

Allergies rose 83%.

Jess Dang:

Yeah.

Jenny Best:

And the doctors realized, "Oh my God, we have this completely backwards." And there's a number of studies and things like that that are driving this trend to early introduction, primarily a study called LEAP around peanuts, which proved that the early introduction of peanuts early and often to a population of high risk infants. Okay, high risk of allergies for peanut allergy. So, the very particular population, but that it was able to prevent the peanut allergy from developing by over 81%. So, does that apply to all allergens across the board? No, we don't know. That peanut study is the only sort of "preventative" long-term study that's been done.

Jenny Best:

Shellfish for example, is like a totally different ball game and you can get that even later in life. But what we're starting to see is that particularly around nuts and peanuts that this may be the thing to do is the early and often. So, look, the best thing to do is to start super small. If you want to give some... You have a six-month-old, looks like he's ready for solids, try a tiny bit of egg, even the size of a fingernail, and just kind of pop that in and see how they do. Severe allergies are going to show themselves. It's not something that's going to occur two days later. You will know within the hour, maybe two, but usually within minutes or seconds you will see a reaction if it's a true allergy, and on the scale of some severities.

Jenny Best:

So I would say try to counter the fear by starting small and you'll slowly gain the confidence as you see there's no reaction, or you'll have some reaction but the reaction will be manageable because it was such a small quantity and it won't be an emergency situation, you can go see an allergist and do what you need to do. But starting small is usually the way to go.

Jess Dang:

So, with peanuts is a good thing, just like a little smear peanut butter, on your finger and let them like lick it off. That's how we started. Just gave them a little spoon and-

Jenny Best:

Yeah, I mean I can't tell you to eat straight peanut butter because it's a huge choking risk, but if it's smeared on your finger, of course it's fine. Let them suck on it. That's totally fine. The way I introduced most nuts to my twins, which is how I recommend it to our followers is to thin a nut butter. So like almond butter or peanut butter, whatever it is with a little bit of yogurt. And if there's a dairy allergy, you can use breast milk or formula or even water just to thin it out, so it's not too tacky and sticky and sort of preload a spoon and kind of let them teeth on it that way. That's another good way of doing it.

Jenny Best:

We actually add nut butters to our yogurts a couple times a week now, which is just a nice boost of nutrition for them. They love it. Super tasty. Stick a couple bananas in there and they're super happy.

Jess Dang:

Oh yeah. My middle is addicted to peanut butter. He just eats it plain out of the tub that we make it in. But yeah, I misspoke. That is in terms of how we introduced peanut butter. I remember, yes, we thinned it with breast milk, and I would spoon it to all the babies because I was also really afraid of allergies and the early exposure thing had already been announced to us. And so, I knew it was like, "Okay". And even during my pregnancy I ate so much peanut butter, I was so scared. I was like, "Maybe this will help. I just like ate a ton of peanut butter."

Jenny Best:

They think that does have some relationship because your baby is exposed to the foods directly. They're eating what you eat. So, there's something there for sure.

Jess Dang:

Yes. One of my favorite pregnancy snacks was peanut butter on dark chocolate.

Jenny Best:

Yum.

Jess Dang:

So, when our baby's like moving okay to... Not okay, but like when should you introduce utensils? And do you have any recommendations for utensils?

Jenny Best:

Yeah. So, you can actually start right away. I would just say don't force them to use utensils because it's a lot for them to learn how to pick it up, to guide it to their mouth properly. It's kind of a weird thing in a lot of ways that we even use utensils if you think about like, "Let's make this stick and now we're going to eat our food off of our stick." And babies are just like, "Why not just use your fingers?" So, it's definitely a learning curve for them. So, I like to offer foods with preloaded spoons. You can like scoop the food onto the spoon, and hand it over to your baby in the air for them to kind of swipe that and pick it up.

Jenny Best:

Or you can preload this food and rest it on the edge of a bowl for them to pick it up independently. And that's another way you can do baby led weaning with utensils. It's totally possible, but don't be surprised

if they throw the spoon on the floor after two tries, get a little exhausted, then just dig in with their fingers. Let them do that. That's natural. And over time they will move more toward the spoons, but you can create the opportunity right away. Ezpzfun.com is one of my favorite brands for utensils. They make a line of spoons and forks that kind of grow with the child, so to speak. And they also do open cups, which we really like. And then Miniware USA is also another great company for utensils. We probably use those two more than any others.

Jess Dang:

Oh, I haven't heard of either of those, so I'll make sure to link to those in our show notes for people.

Jenny Best:

Yeah.

Jess Dang:

So going back to your steak, it sounds like you have just incorporated... talking about the steak that you know, your kids eyeing your steak, it sounds like you've done baby led weaning where it doesn't seem like it's a lot of additional work for you. Like you're just really giving the babies food that you were eating anyway. So is that basically the best way to do it so that it doesn't seem like a lot of work for you? Because I remember when I was doing the purees I was like, "Oh my God, this is another thing I have to do."

Jenny Best:

So much work.

Jess Dang:

Yes, yes. But I feel like with baby led weaning it was great, because we would just offer them, keeping in mind the things that you said. Things that are sodium bombs, we're not eating sodium bombs anyways. But we do think about that. So what's the best way to do it so that mom and dad are not having to do a lot of extra work?

Jenny Best:

Yeah, I mean that to me is the number one benefit of baby led weaning. You're not making three different meals, one for your preschooler, one for you and one for your baby. You are just making one meal for the family. Look, would my husband and I be eating a little bit differently if we weren't feeding the babies right now? Probably. We'd probably be eating a lot more pizza and a lot more Thai food take out. That said, we're all eating the same thing now. Does that mean I'm eating a little more oatmeal in the morning? Yes. So look, I think to a certain extent they can eat what you're eating, but the reality is they do need a bit different nutrients than you need. They need a ton of iron. They need a ton of calcium and vitamin D and zinc and all these things.

Jenny Best:

And probably older adults don't need as much of those things, so you do have to adapt your diet a bit. But the bottom line is I would say make one thing for everyone. Make sure there's enough choices in there, so that your children, especially the older ones, like two-year-olds and up feel like they have legitimate choices of things they like to choose from, and then try to eat the same thing, every day. I

think at the end of the day it takes a little bit of adapting to that, and definitely some meal planning, which people need you for. Because if you're doing it on the fly, it's going to be a problem. That's what I have found. If you plan it in advance, you'll be able to eat the same thing for breakfast, lunch and dinner for the most part. Hold the salt, salt your own thing later and you should be fine.

Jess Dang:

Yeah. And I found that like if we're... I haven't had to modify too much, so let's say like we're doing roasted broccoli, which is still a little bit too firm for Charlie. I just will save a couple of florets and I will just put a little bit of water and microwave them, because that gives basically the same effect of steaming and it is way more convenient for me, just then to like steam three broccoli florets, because she still is not eating in huge volumes. Because I think that's what's the hard part is like they're not eating in huge volume, so like to make extra for them. Even though it's small, it's seems like a lot of work for a couple of bites of this and that. So yeah, we for the most part-

Jenny Best:

It's unnecessary. It's unnecessary. And I think it's kind of how our culture is devolved into baby first, which is a really interesting thing when you think about it. But I can guarantee you that, a 100, 200 years ago, there were not three different meals on the table.

Jess Dang:

Yes, exactly. Yeah. For us, we have tried to make it so that there's something for everyone. I think for us it makes mealtimes more fun in a way. Like everyone is sharing the same thing versus everyone has their own different meals and we can talk about the meals together. And the two older kids are good eaters, but they are kids, so they're fickle. And so we have good nights, we have bad nights. And so if I had to like tailor cook stuff for everybody and my husband's pescatarian, and it's like, "Oh gosh, that will not work for us"

Jenny Best:

Oh my gosh, no, no.

Jess Dang:

Yes. So one last question I have for you. It's a little bit on the same topic of baby led weaning, but I want to talk about snacks. And I know you have a great snack guide, because parents are always looking for snack ideas. So what are some good like on the go ideas, especially if you have older kids, you're not always having every meal at a table. Because sometimes you're out in a museum or it's a playground, what do you take for baby?

Jenny Best:

No, it's such a good question. And this is where I feel even the most amazing home cook will fall down and lean on the pouch or the puffs or whatever it is. Because I think-

Jess Dang:

They're so portable.

Jenny Best:

They're so portable. The problem with snacks is that you don't have time. You need to do something fast or grab and go, and you don't want to make a mess because you're outside and about or at a restaurant, whatever you are. So when you think about the foods that are quick to make or can grab and go and don't make a mess. Actually like a pretty small list of foods and that's why we have trouble coming up with ideas for snack. So my favorite, on the go snack is actually leftover pancakes, and you can do like pumpkin pancakes, blueberry pancakes, strawberry pancakes, ricotta pancakes, whatever.

Jenny Best:

Pancakes are ridiculously clean. It's funny, even with a young baby, it's like really easy to pick up and so they're one of my favorites. And just do it. Make an extra pancake, put it in a Ziploc bag from the day before. Just save it for when you've made pancakes. Also this is going to sound kind of crazy, but leftover corn on the cob, is a really good snack for babies. Leftovers in general are like my go-to, because it's already made. It's ready to go. Leftover meatballs, leftover corn on the cob, leftover green beans. The other sort of like more grab and go if you don't have leftovers. I love canned beans. I think beans are great. Babies love to pick them up.

Jenny Best:

And like Ezekiel bread, I don't know if you've heard of that, but Ezekiel bread is amazing for babies. It's basically sprouted bread. That's like my favorite go-to kind of buttered toast on the go. And then look, I think drinkable yogurts are fantastic and we use one pouch a week with the babies and it's always a yogurt pouch. So like a drinkable yogurt for toddlers, or a yogurt pouch for babies. I think that's where pouches are fantastic. Although I will say with the younger babies, definitely not clean. They'll squeeze them all over the place, and it gets quite messy. My other new thing, I'm going to post the recipe soon for energy balls, which are basically like date nut balls. I'm sure you probably have recipes for them as well. But those are great for like 18 months and up and fun.

Jess Dang:

And so, I want to go back to the yogurt. Is that something you make on your own and put into a pouch?

Jenny Best:

No way, no way.

Jess Dang:

All right.

Jenny Best:

I have three kids. I would have done it if I just had one baby, because that's the kind of the cook I am. But no, I think there are... You know, look, as long as you're buying full fat yogurt, don't worry about the rest, try to get a low sugar one. Once every now and then it's not going to be a big deal. Yogurts are good for babies.

Jess Dang:

Got it. Yeah. My go-to brand for yogurt, low sugar yogurt. It's Siggi's the Icelandic yogurt.

Jenny Best:

Nice, yeah, yeah.

Jess Dang:

Oh my gosh, it's a treat for me. I just love-

Jenny Best:

So delicious.

Jess Dang:

Yes. We mostly make our own yogurt, but whenever that's on sale I load up, because those are really good to have on hand. It feels like eating dessert even though it's low sugar, but it just gets so creamy.

Jenny Best:

Yeah, good yogurt is amazing.

Jess Dang:

Yeah. Yes. Delicious. And I know you have more on snacks on Solid Starts, so can you tell people where to go if they want to get more on snacks because I feel like that is an area where like every parent wants more ideas?

Jenny Best:

Sure. Yeah. So just go to solidstarts.com it's plural. Solid Starts and then the guides are right there. You can just search in the search bar for snacks.

Jess Dang:

Okay, perfect. And there are also plenty of other guides, and I'm super excited for when you build this out to a thousand ingredients. I don't even know how you're going to do that, but that's going to be so amazing.

Jenny Best:

Yeah, we have a list, it's like 884 foods right now, so I don't have any more ideas.

Jess Dang:

Oh my gosh. Yeah. But it's so funny, because I feel like people always feel like, "Oh"... People are stuck in a dinner rut or they're stuck they use the same few ingredients over and over again. And it's so nice to like go to a place and be like, "Wow, there's so much possibility. These are all these ingredients I haven't used or haven't introduced to my kids." And I'm in food and I run a meal plan service, so we're pretty good, but we still kind of buy the same probably dozen or so vegetables every week. Which is like there's nothing wrong with that, but it's like every once in a while, I'm like, "Oh".

Jenny Best:

It's human.

Jess Dang:

Yeah, wouldn't it be great if we started introducing this to our kid? And even for ourselves. So yeah, I think I'm really excited.

Jenny Best:

Yeah, it's a fun way of going about it. You can find an ingredient just by browsing, and be like, "Wait, what? Bone marrow." And it's so easy and so good for babies and you know slather on bread and they're so happy.

Jess Dang:

Yeah. Well, I remember seeing that on your Instagram, bone marrow and I was like, "Wait, I love bone marrow. I never have thought to like... You know?" But things like livers, we did a lot of that because of is it iron the content, that's chicken livers has?

Jenny Best:

Yeah, iron.

Jess Dang:

Yes. But yeah, my Neko loved chicken liver. The other two didn't love it as much, but it's one of those things where it's a very distinct taste. So, I get that. It's not for everybody. Yeah. So, within the database, are you maybe planning on doing lists of like these ingredients are highest in, zinc or iron or calcium, those things that you said babies really need extra of?

Jenny Best:

Yeah. So, what we decided to do is to make it a bit easier. So, if you go to our website solidstarts.com, and you click on First Foods, which is the database. There's a filtering system there that you can walk through. And basically, what we decided to do was to rate foods with stars nutritionally. So, you can select if you want up to five stars and just look at those foods there. And what we decided to do was that... The reason we did this, I just felt it was getting too hard. It's like, "Do I really have to focus on iron milligrams, and low sodium, and vitamin D and zinc?" This is just too much.

Jenny Best:

So, our nutritionist, who is amazing, has evaluated all of the foods through the lens of a baby's body, like a six-month-old to a 24-month-old. So, chicken liver five stars it's amazing for babies, sardines, five stars also very amazing for babies. Celery is our first number one-star rating, almost zero nutrition that babies need. It's not bad for you, but it's not really what babies need. Right? So, I'd probably put cucumbers in that same bucket. So yeah, instead of looking for the ingredient, you can just click the number of stars that you're interested in. Or when you're looking up an ingredient, you can say, "Oh, it only has two stars," or "Oh, it has five stars. That's interesting."

Jenny Best:

But because we describe the nutritional profile of each food on the site, if you did a search for iron, if you get the 12 month blood test, your doctor tells you your baby's low in iron, you're like, "Oh my God what do I do? If you go to our site and you put in iron, you're going to see a number of foods pop up just because that's mentioned so many times in that particular writeup. So that's one way you could go about it as well.

Jess Dang:

And the food database is available for free to folks.

Jenny Best:

Free forever.

Jess Dang:

Oh my gosh, that's amazing. You're doing such great work and giving it out for free. That's amazing. So, thank you for that.

Jenny Best:

Thank you.

Jess Dang:

All right, so Jenny, this was amazing. You gave such good information. I think any parent that is listening to this will be able to go and start solids, I think with a lot more confidence and feel like, they will know what they're doing and know to go to solidstarts.com if they have any questions about anything. But before let we let you go, we have a little rapid-fire round that we like to have our guests go through, if you don't mind.

Jenny Best:

Okay. Go for it.

Jess Dang:

You ready? Okay. Your most important kitchen tool.

Jenny Best:

Chef's knife, can't do anything without it. I'd rather have that than a cutting board.

Jess Dang:

Your go-to breakfast.

Jenny Best:

Granola.

Jess Dang:

You have 15 minutes to make a meal. What is it?

Jenny Best:

I'm a sucker for ramen noodles, but I like to dress it up with garlic butter. So basically, make it and then add a whole bunch of garlic butter.

Jess Dang:

That sounds so good.

Jenny Best:

It's really good.

Jess Dang:

What's one meal you never get sick of?

Jenny Best:

Lasagna, pizza-

Jess Dang:

Melted cheese man-

Jenny Best:

... basically.

Jess Dang:

... It's the best. Melted cheese with tomato sauce. One ingredient you always have in your pantry.

Jenny Best:

Well it should be olive oil, but I'm always running out of it because I use it so much.

Jess Dang:

Guilty pleasure food or not?

Jenny Best:

Peanut butter cups. I'm always eating my kids desserts.

Jess Dang:

Oh, I love those too. I keep a little box of peanut butter cups from Trader Joe's in my office it's so good.

Jenny Best:

It's so good.

Jess Dang:

Yeah. Your favorite life optimization or organization app?

Jenny Best:

Honestly, I really rely on the Apple sleep calculator I guess, it tells you how many hours of sleep you're getting. And I set my clock based on that. So for me it's there's no... Cannot be less than seven hours, I won't function very well. Now, of course when you have babies, you're getting like 45 minutes of sleep. But I love it. I think it's really good.

Jess Dang:

Oh, I need to do that. I use my Fitbit.

Jenny Best:

I think it's on every phone as part of like the basic stuff. But you can go into your... I think it's like where the clock is basically, and set your wake up time based on your go to bed time, and it'll tell you how much sleep you're going to get, which I really love.

Jess Dang:

Got it. Okay. I just use my Fitbit these days to measure my sleep and it's really... Charlie's not sleeping at night, so it's sad, it's just sad.

Jenny Best:

Yeah, that's hard.

Jess Dang:

Hardest thing you've done?

Jenny Best:

Carry twin babies to term.

Jess Dang:

Oh my gosh. So yeah, parents of multiples. I don't know how you guys do it. I know it's a high risk pregnancy and then you have the babies.

Jenny Best:

Yeah, it was brutal.

Jess Dang:

Proudest thing you've done.

Jenny Best:

Birth twin babies vaginally.

Jess Dang:

Oh my gosh. So, last book you loved.

Jenny Best:

Well, it's probably the one I'm reading right now. Rereading rather, which is Amy Bentley's *Inventing Baby Food*. It's the history of baby food and what we think of baby food as a category is actually invented.

Jess Dang:

Last TV show you loved.

Jenny Best:

The Queen.

Jess Dang:

Oh, I have not seen that one. I'll have to check it out.

Jenny Best:

It's not on the order of like some of my favorites, but it was the last of the addiction.

Jess Dang:

Which every parent needs. Everyone needs some release of some sort. So that's great.

Jenny Best:

Totally. Totally.

Jess Dang:

All right. So before we sign off, I want you to tell everyone once more where they can find more information about Solid Starts where they can follow you, and get the resources that we talked about today.

Jenny Best:

Yeah, sure. Thanks for having me Jess. So, Solid Starts on Instagram. Solid starts is plural, and solidstarts.com. Everything is there and the database is free forever.

Jess Dang:

Ah, thank you again, Jenny it was so great having you on.

Jenny Best:

Thank you, Jess. What a pleasure.

Jess Dang:

So much useful information, right? I know there can be so many scary new things as a parent, but hopefully you found a lot of comfort in Jenny's advice and guidance and it helps you feel excited about this transition into solids. It was a really exciting transition for me. I think every new stage in parenting is accompanied by like, "Am I doing this right," feeling? But I remember that feeling being replaced by excitement pretty quickly as I realized Neko could pretty much eat everything we eat. I just had to chop it up properly, and it was just so much fun watching her face as she tried new things.

Jess Dang:

And I had the same feeling with Bowie and Charlie. And still today, I love watching my kids' faces when they eat the meals I prepare for them. It really has been like one of my biggest joys as a parent. Okay, so head to solidstarts.com and support this wonderful momma owned small business. The food database is

free, but there are several guides, like the guide to fish for babies that Jenny and I talked about for purchase. She also has an all access pass that will give you access to all of their paid content. Lots of really helpful guides and it's totally worth it for \$39.99.

Jess Dang:

Even if your kids are older, there is still a wealth of helpful information ideas. So, I am totally digging through it, the food database and I can plan on continuing to do that. Okay. So before we say chao today, I need to ask you a favor. Please leave a review for our podcast on Apple podcast when you get a chance and share this episode with a friend. I really just love hearing your kind words. It just means so much to me when people say that the podcast is helping them. Recently, iheartbasecamps review made my day.

Jess Dang:

He or she said thank you for this podcast and all that you do for the food community. I'm also a Cook Smarts subscriber, and it's changed my life. These episodes are perfect. I've learned so much about food prep, nutrition, and different ways to minimize food waste. Iheartbasecamp, thank you for the lovely review. You're the winner, of a Cook Smarts tote bag. Just reach out to us hello@cooksmarts.com. If you have additional questions about baby-led weaning or just want to tell me how you're doing in the time of Corona, shoot me a text at (650) 386-0290 I would really love to hear from you.

Jess Dang:

We'll be back with a new episode in two weeks. But until then, thank you for letting us join you in the kitchen or wherever you're listening to this podcast. And until next time, happy cooking from your kitchen cheerleader.