



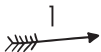
Weaning with Umatie

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After happily weaning hundreds of babies over the past 14 years, we can truthfully say that every baby remains unique. Some love purees forever, and some never will. Some will devour a steak at 8 months with a complete set of teeth (no jokes!), and some will shiver when they smell chicken. Some will finish a tub of Umatie from the start, some will eat like a little mouse. In the end, our goal remains the same – to happily wean your little munchkin effortlessly.

Our best advice is to follow your baby and let them take the lead in this exciting food journey. This is not your journey to take, you did this a long time ago! Your important job is to introduce as many new flavours and tastes to their diet to develop their palate... so they can grow to love good food from the very start!

At Umatie, it is our passion to walk this path with you and offer your little one a variety of meals, tastes and textures. We started this business out of sheer love for good food as we wanted our children to enjoy food as much as we do!



Honestly, why does baby food have to be bland tasting?

Dr Emma Cooke says: “There is a long-standing myth that babies have an underdeveloped sense of taste, which is why bland baby food like rice cereal has conventionally been the first food babies eat. The truth is that babies are actually born with more taste buds than adults and can even develop taste preferences in the womb!” Everyone’s perception, imprinted for years, has been that baby food should taste bland but if you think about it – why would you want to give your precious baby something that tastes awful...? It doesn’t make sense!



Our rule at Umatie is:
“If you don’t want to eat it,
don’t give it to your baby!”

From our years of experience, it is pretty evident to us, that babies love to eat. Expose them to good food and they will love good food. Unfortunately, the opposite is also true, as your baby will eat what you offer them. They are a little blank canvas.

Taking the first weaning step...

Up until the age of 4 months, you will have only given your baby breast or formula milk. Finding your groove with your newborn, getting the burping under control, and perhaps establishing some sleeping and feeding routine has been your everyday challenge for the past 4 months. You feel like you have just got it under control when someone pops the first weaning question: “Has your baby started with solids?” NOOO! The dreaded question upsetting the “milk” cart! We’ve even once had a sleep-deprived mom ask us: “Do they really need to eat food?” YES, they do.



When is the best time?

The advice varies from paediatricians to your local nurse, from your nosey neighbour to your sister who has 4-children-and-knows-the-drill, not to mention Google. Such a lot of information to process! Any time between 4-6 months is a good window to start, as research also shows that between 4-7 months your baby will be the most open to trying new tastes. This gets referred to as the “flavour window”.

When your baby is struggling to gain weight or has cholic, usually advice from doctors would be to start from 4 months. Our advice, in general, for a baby gaining good weight and without any known allergies, would be to start weaning between 5–6 months. Most importantly, make sure your baby can sit upright in a high chair and has control over their neck. No need to rush this if your baby is not ready, they have the rest of their lives to eat!



What to introduce first?

Petit Purees

The advice has changed drastically over the years, with loads of experts and doctors each following their own set of guidelines regarding what to give a baby first. We would suggest that you follow the guidance which suits your lifestyle as a family best, as your baby would need to fit into your eating routine once they are fully weaned and are ready to take their seat at the table.

We find purees to be great for first foods and have developed our own two breakfast meals, ideal to start your baby on solids. They are high in nutrients and protein, a great kick-start for the day ahead!

All our Petit Purees are suitable for babies 4-6 months and to start their weaning journey. We have two brekkie meals, two fruit meals, two vegetable meals as well as three protein-based main meals (lamb, chicken and lentils).

The Petit Purees range will introduce your baby to 30 unique ingredients.

Additionally, you may also introduce any soft fruit that could easily be mashed for in-between flavour exploring – like avocado, paw-paw and banana. Once you have given all of our meals to your baby, you can get creative by adding plain, full-fat yoghurt to our fruit meals, or nut butters to the brekkie or fruit meals. Leftover fruit purees could also be mixed with Rooibos to make a healthy ice tea for babies from 6 months. You can also freeze it to make tasty lollies and to soothe achy gums during teething. When finger foods are introduced, our vegetable purees or Dinky Dinners could be added to any batter to make flapjacks, pancakes or muffins. They could also be added to eggs for tasty scrambled eggs or mini frittatas.



This would be our recommendation for a two week
First Tastes Meal Plan:
(split a 120g tub)



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	60g Wakey Wakey	60g Jan Pierewiet	60g Wakey Wakey	60g Jan Pierewiet	60g Wakey Wakey	60g Jan Pierewiet	60g Coconut Combo
	60g Wakey Wakey	60g Jan Pierewiet	60g Wakey Wakey	60g Jan Pierewiet	60g Wakey Wakey	60g Jan Pierewiet	60g Coconut Combo
Week 2	60g Fruit Deluxe	60g Dream Team	60g Berry Delight	60g Coconut Combo	60g Heavenly Lentils	60g Kiep Kiep	60g Laat Lammetjie
	60g Fruit Deluxe	60g Dream Team	60g Berry Delight	60g Coconut Combo	60g Heavenly Lentils	60g Kiep Kiep	60g Laat Lammetjie

Thereafter, you could do any meal combinations plus add a third meal serving to the plan. If your baby is comfortable with two meal servings and doesn't seem to be wanting more food, stick to the two-meal plan for another week or two and introduce a third meal when they move over to more textured meals.

We have developed our meals to be nutrient-rich and consist of various ingredients so they could easily be mixed and matched, ensuring your baby gets exposed to a balanced variety.

This would be our recommendation for a follow-up plan after the initial introduction:

(split a 120g tub for small eaters)



Weekly Plan	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Wakey Wakey	Jan Pierewiet	Wakey Wakey	Jan Pierewiet	Wakey Wakey	Jan Pierewiet	Wakey Wakey
	Fruit Deluxe	Coconut Combo	Berry Delight	Dream Team	Berry Delight	Coconut Combo	Dream Team
	Kiep Kiep	Laat Lammetjie	Heavenly Lentils	Kiep Kiep	Laat Lammetjie	Heavenly Lentils	Kiep Kiep

Portion sizes and how much to give

Oh my, have we tailored and adapted this over the years! In our experience and based on years of feedback from parents, we have found that most babies when they first start weaning, are happy with 40–60g of food per meal. For this reason, we are producing our meals in a convenient 120g portion that would be suitable for the initial weaning period, as well as thereafter. We would suggest that you split our 120g tub into 2 x 60g portions during one day (brekkie and lunch, or lunch and dinner). If you find 60g is still too much, try doing it in 3 x 40g portions per day. (brekkie, lunch and dinner).



After 2-3 weeks of foodie introduction, bigger eaters will finish a 120g tub and smaller eaters will continue to eat up to 60g (one tub split in two). If you want to get a bit more adventurous with the meals for small eaters, instead of only splitting one meal and giving the same option during the day, you can split two different meals. Thus giving different options during the day. Pop the unused meal back in the freezer. Always heat our meals from frozen.

Please keep in mind that milk feeds, especially in the evening before they go to bed, should not be given straight after any meal. Wait for at least an hour and plan your meals accordingly so your baby has ample time to digest their food.

How to split our tubs

Take a tub out of the freezer and leave it outside for a few minutes. Gently squeeze the meal by moving your hands around the tub – while it is still closed and sealed. When you open the meal, you'll see that it has loosened from the edges (you can pop the entire meal out). Take a clean knife and cut the slightly

defrosted meal in two. Lift one part out and place it in a bowl to heat in the microwave. Alternatively, heat it in a small pot on the stovetop. The other half of the frozen meal left in our tub can safely be placed back in the freezer. Doing it this way has a few benefits: You don't run the risk of contaminating the meal. You don't have to heat the entire meal. You can be flexible and split various meals for different options during the day.



You can, however, also heat the entire meal in one go. After it's heated, split it in two by scooping some out into a different bowl, then feed that to your baby. Cool the leftover meal, close the tub and keep it in the fridge until the next mealtime. You may reheat this meal as long as it has not been in the fridge for longer than a day. When doing it this way, please keep the following in mind: Do not feed your baby from the same tub and then put the leftovers in the fridge. The meal will be contaminated. You need to split it before giving it to your baby. When you see that your baby doesn't have an appetite later in the day, do not refreeze the previously heated meal left in the fridge. You will then need to discard it.

How to heat our meals

The best way to heat our meals is from frozen. The contents heat in no time, so no need to defrost and then heat. The quicker, the better. We recommend not defrosting our meals beforehand or leaving it in the fridge overnight. The reason being: Some veggies, for example, butternut, retains more water than others when frozen. When you leave it to defrost, those meals containing butternut can split and become watery, even when you heat it, it can remain too watery.

We don't add any starches or thickeners to our meals to bind them and after numerous tests, we found that heating from frozen works best for our meals without having to add any thickeners. You are guaranteed a lovely consistency and retain all the deliciousness of the meal.



Please note that there is nothing wrong with defrosting the meal if you feel more comfortable defrosting beforehand. But please note not to discard any excess liquid and look out for meals with butternut! ;) You can always reheat any of our meals, but never refreeze once it has been heated.



Tips for our Petit Purees

Our brekkie meals are thicker than our other purees as we don't want to dilute the porridge with water. Instead, we recommend that you add your breast milk or your baby's formula milk to make the brekkie into your preferred consistency. Also, having it quite runny when you first start the weaning journey, makes the transition from milk to food easier for your baby. You can heat our Petit Purees fruit meals or simply defrost them and give them cold. During hot summer days, they are very tasty as a "slushy" too! Adding it to cereals or yoghurt is also divine. Our Petit Purees veggie meals and main meals should be heated properly - as you would also not enjoy a meal from the freezer that is only partly heated! Rather let it cool down for a bit before feeding it to your baby.

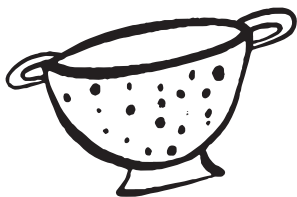
When to introduce texture



Dinky Dinners

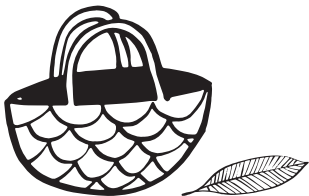
When your baby has been weaning for about 4 weeks, it's a good time to start introducing meals with a slight texture. Our Dinky Dinners have been developed with a baby's "texture window" in mind. Babies are most open to texture between 7-10 months.

If you started weaning your baby at 5 months, 6 months would be a suitable time to introduce texture. If you started at 6 months, 7 months would be suitable. Babies who started at 4 months can continue for a bit longer until they reach 6 months and then introduce our Dinky Dinners. We would recommend giving a combination of our Petit Purees for breakfast and lunch, and a Dinky Dinners meal for dinner. Alternatively, you could also give the heartier Dinky Dinners meal for lunch and a lighter Petit Purees meal for dinner, if you prefer to give a bigger milk feed before bedtime.



The Dinky Dinners range will introduce your baby to 27 unique ingredients.

At 8 months you can start with finger foods in combination with our Petit Purees and Dinky Dinners. This way your baby can explore new textures, develop their hand-and-eye coordination and still enjoy a balanced meal. Lots of food will be smeared and will land on the floor... this is part of the journey!



For most parents, the idea of choking is a nightmare and we have seen it far too often that parents avoid meals with texture. Our textured meals have been done in two parts (slight texture as well as chunkier texture) to make the transition effortlessly. It is important to introduce texture as early as possible for your baby not to miss this “texture window”. Developing their tongue actions is also important for speech development.

A great tip for introducing finger foods is to keep them soft. Steam veggies and fruit pieces so they are soft when you offer them to your baby instead of crunchy veggies and fruit.

Mighty Munch

Anytime from 10 months, you can start introducing our Mighty Munch range. These foodies are chunkier and coarser and will be the next little step in the weaning journey. We recommend that you start adding one or two of these chunkier meals in combination with our Dinky Dinners to see how your baby finds more textured meal options.

We recommend not making the switch in one go. It is completely normal for babies to spit it out initially – you can add a little cooled-down boiled water to the meal to make it runnier and the transition easier.

Most babies have no problem with added texture but if you see that your baby is not ready and refuses to eat it, do stick to the Dinky Dinners for another month or two. No need to rush this. Rather focus on helping your little one build a positive and fun association with mealtimes. Some babies have little to no teeth at 10 months, in this case, you can also wait for a little longer until they are more comfortable with chewing. They are still getting all the nutrients and wholesomeness from our Dinky Dinners range.

The Mighty Munch range will introduce your baby to 38 unique ingredients.



Bulky Bites

Our Bulky Bites range can be enjoyed from 1 year onwards but most kiddies will only start eating this between 1–1.5 years. These meals are not blended anymore and are developed with kiddies in mind – even the fussy ones who pick out the veggies!

We have 10 super tasty options that can be enjoyed by kiddies up to the age of 6 years. They are very handy to keep in the freezer for days when life runs away with you and you need a healthy meal for your kiddie instantly!

The Bulky Bites range will introduce your kiddie to 47 unique ingredients.



Super Sauces

Offering variety to your little one's diet is easy-peasy with our Super Sauces range. Not only are they loaded with hidden veggies but they are great to make up different meals. We offer four delicious sauces in the Super Sauces range, plus three fun, freshly frozen pasta options to mix and match with the sauces.

The sauces form the base of the meal and you can build it up by adding different starch options like pasta, couscous, veggie noodles or mash. We love the versatility of this delicious range!

The Super Sauces range will introduce your kiddie to 32 unique ingredients.



Kooky Rusks for Kids

Our Kooky Rusks are specially baked for kooky little eaters! Handmade with locally grown wheat flour, a sprinkle of organic coconut sugar and real veggies or fruit, these are a wholesome and delicious snack or brekkie for kids. What makes Kooky Rusks even more kooky is that you can eat them like a cookie, as they are easily crunchable, or dunk them in a cup of Rooibos. Conveniently wrapped for kiddies on-the-go.

Once you are familiar with the different meal options we offer on our website, the optimum way to use our Umatie products, is to order across all ranges.

Weaning your baby is our ultimate passion and we have a dedicated team of moms working around the clock to give your baby the best there is in terms of nutrition, taste and texture. We look forward to being part of your baby's weaning journey and growth.

We welcome you to our Umatie family!

