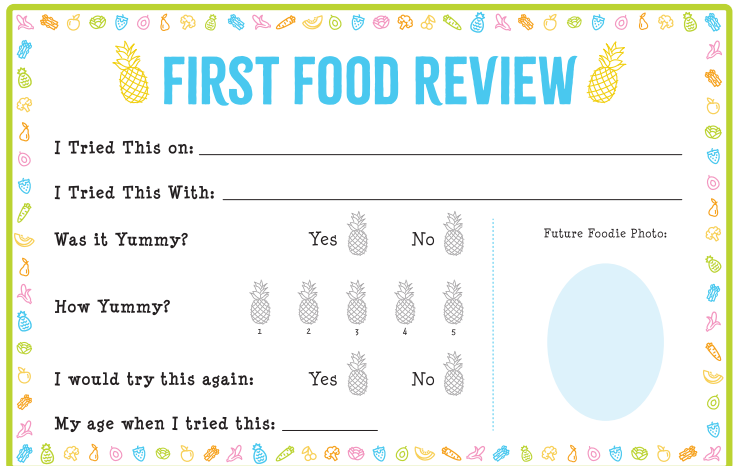
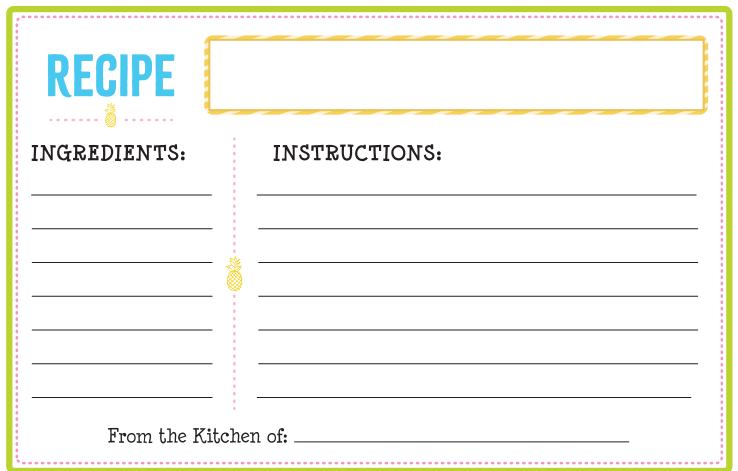




CREATE YOUR OWN: FIRST FOODS MEMORY BOOK

Do you remember eating your first foods? Do you recall if you liked them? If not, it could be because you did not record it. Keep your baby's favorites at your fingertips with these printable recipe cards and create a keepsake with the included First Foods Review cards. Put them all together for a sweet DIY gift that can be passed down for generations to come.

- 1 Print out your Recipe and First Food Review cards
- 2 Cut out the cover page, back cover, recipe cards and review cards separately
- 3 Place your pages in order behind the cover page (recipe card then review card, and repeat, followed by back cover page)
- 4 Staple or hole punch and tie together your memory book
- 5 Personalize with your favorite recipes to cook and review



FIRST FOODS MEMORY BOOK



These Memories Belong to:



Year: _____

RECIPE



INGREDIENTS:

INSTRUCTIONS:



From the Kitchen of: _____



FIRST FOOD REVIEW



I Tried This on: _____

I Tried This With: _____

Was it Yummy?

Yes



No



Future Foodie Photo:

How Yummy?



1



2



3



4



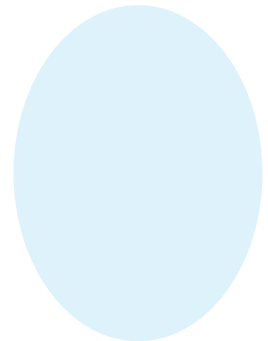
5

I would try this again:

Yes



No



My age when I tried this: _____

RECIPE



INGREDIENTS:

INSTRUCTIONS:



From the Kitchen of: _____



FIRST FOOD REVIEW



I Tried This on: _____

I Tried This With: _____

Was it Yummy?

Yes



No



How Yummy?



1



2



3



4



5

I would try this again:

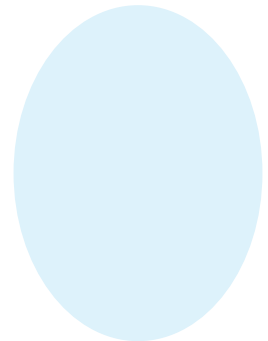
Yes



No



Future Foodie Photo:



My age when I tried this: _____

RECIPE



INGREDIENTS:

INSTRUCTIONS:



From the Kitchen of: _____



FIRST FOOD REVIEW



I Tried This on: _____

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Yes



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How Yummy?



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I would try this again:

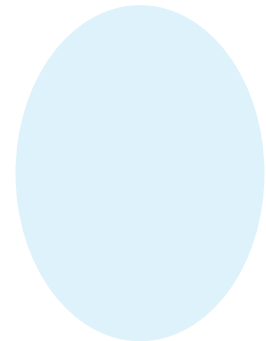
Yes



No



Future Foodie Photo:



My age when I tried this: _____



RECIPE



INGREDIENTS:

INSTRUCTIONS:



From the Kitchen of: _____



FIRST FOOD REVIEW



I Tried This on: _____

I Tried This With: _____

Was it Yummy?

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Future Foodie Photo:

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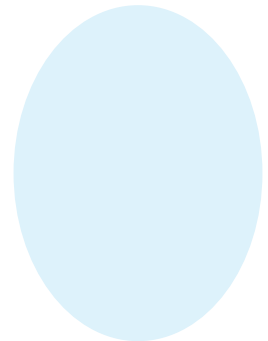
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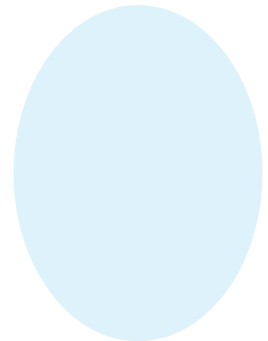
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No



My age when I tried this: _____

RECIPE



INGREDIENTS:

INSTRUCTIONS:



From the Kitchen of: _____



FIRST FOOD REVIEW



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I Tried This With: _____

Was it Yummy?

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No



Future Foodie Photo:

How Yummy?



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2



3



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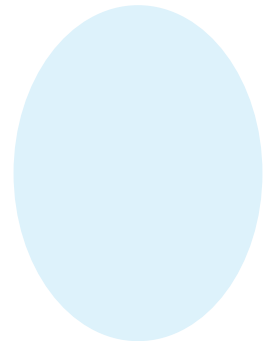
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