

The FPIES Foundation

www.thefpiesfoundation.org contact@thefpiesfoundation.org

Suggested Equipment and Uses

| Ice cube trays/baby food trays | For freezing single serving purees and chunks |
|--|--|
| Food processor/Blender | For making purees, yogurt, smoothies, etc. |
| Cooking Utensils (spatula, spoons, knives, | For food preparation, separate set if cross- |
| etc) | contamination issues present |
| Measuring cups and spoons | For food preparation and cooking |
| Small-Medium Saucepan | For steaming and general cooking |
| Colander (fits inside saucepan) | For steaming and straining |
| Stock pot | For broth and/or yogurt making |
| Manual Food Grinder | For making thicker purees/chunkier baby food |
| Crock pot | For general cooking, yogurt making, etc. |
| Cookie sheet and/or small brownie pan | For cakes, cookies, brownies, baked goods, etc |
| Silicone muffin cups | For cakes/muffins; can set in cookie sheet to |
| | bake |
| Fun bake ware (themed cake pans, etc) | For adding variety and fun to repeat foods |
| Cookie cutters | For shaping sandwiches, cookies, etc. |
| Extra small appliances (waffle maker, ice | OPTIONAL for making a larger variety of |
| cream maker, donut maker, dehydrator, etc) | foods/Snacks |
| | |

***** Your own list of equipment may vary and is likely most determinant based on your child's developmental level, cross-contamination sensitivity, and cooking needs (types of food, etc.)