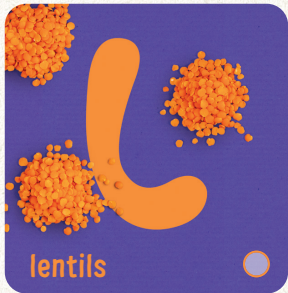
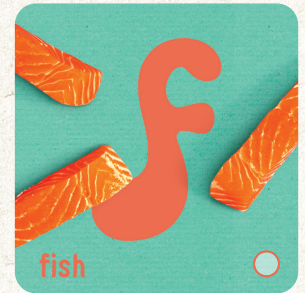
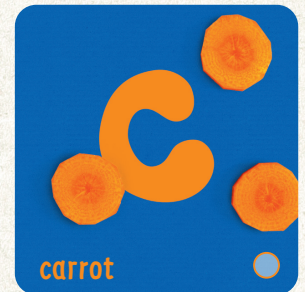


Organix

a-z of Great Food

The fun way to introduce your little ones to a wide range of nutritiously delicious foods, ticking them off as you go.



Let's get started

Your child is most likely to accept new foods, flavours and textures when they are between 6 and 18 months old, so start them early!

Carefully chosen

All 26 foods have been selected by our expert nutritionists to get your little one's tastebuds raring to go – from sweet to sour, bitter to salty and not forgetting the fifth taste of umami!

Go one at a time

Introduce each food one at a time, leaving a gap of 3 days in case of allergies. It can take between 10 – 15 times for them to accept a new flavour so stick with it!

Make it fun!

Go in any order. Try starting with letters that make up their name or fun words. And tick them off as you go so they feel a sense of achievement.

Rest assured

We've followed Department of Health advice and you can find safe ways to introduce each food on our website, along with delicious recipes and more. Scan the QR code:



Schlurp, Chomp, Crunch

Scan for heaps more recipes, tips and advice.



Super easy recipes and fun plates



Finger Foods & Snacks



Apple Rice Cake Doggies



Melty Carrot Puffs & Puree



Peanut Butter Cookies



Tasty Recipes



Sweet Potato Puree



Mushroom Pancakes



Avocado Scrambled Eggs



Fun Plates



Broccoli & Cauliflower Trees



Hummingbird Oaty Bar



Baby Salmon Fishcakes

A helping hand from Organix!

Our own range is bursting with an a-z of foods, flavours, textures and all-round deliciousness.

