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\$3.95 JANUARY/FEBRUARY 2013



THE MAGAZINE OF THE SIERRA CLUB

# Feed Your Children Well

The problem with baby food is that it tends to end up on the floor. Or on the wall. Or in your hair. So we asked experts to recommend earth-friendly meals that infants would rather eat than fling. —Avital Andrews



**PLUM ORGANICS** is a favorite brand among parents and pediatric pros—and tots love it too. Melanie Potock, author of *Happy Mealtimes With Happy Kids* (My Lunch Bug Publishing, 2010), recommends Plum's **Organic Brown Rice Cereal**, which comes in a container that's free of the toxic bisphenol A (BPA) compound. Potock praises the soft cereal for being made from whole grains, enriched with probiotics and nutrients, and free of genetically modified ingredients. Plum is one of only about 600 Certified B corporations ([bcorporation.net](http://bcorporation.net)), which means that it abides by strict, transparent environmental policies.

For ages four months and older.  
About \$4 for 7 ounces,  
[plumorganics.com](http://plumorganics.com)

Celebrity chef Tyler Florence started **SPROUT**, whose organic offerings are inspired by recipes that his own kids liked. Ingrid Kellaghan, the founder of Chicago's Cambridge Nanny Group and an expert in childcare issues like mealtime fussiness, says, "Infants go gaga over the Apples pouch. It's so lusciously simple and nutrient-rich." Most of Sprout's products are roasted or baked, she adds, "so you get this amazing flavor that's bright and vivid, with the ideal texture for babies." Sprout's lightweight pouches are made without BPA—and when they're empty, you can ship them (for free) to TerraCycle, a company that makes them into new things and pays the charity of your choice for your plastic donation.

For ages four months and older.  
\$1.20 for 3.17 ounces,  
[sproutbabyfood.com](http://sproutbabyfood.com)

The **Sweet Potatoes, Pumpkin, Apples, and Blueberries** flavor by **ELLA'S KITCHEN** is a best seller. Many experts recommend it, including Elena Mauer, deputy editor of *TheBump.com*, a website for new parents. "Pouches are fantastic to toss in the diaper bag," she says, "and Ella's are just organic fruit or veggies—nothing added." Pouches require only a tenth of the cargo space that glass jars do and take less energy and fewer materials to produce. Like Sprout (left), Ella's partners with TerraCycle to keep its containers from ending up in landfills. "We work closely with our suppliers to create a sustainable supply chain and have launched a farm-trips program to let inner-city kids experience nature and learn about fresh, healthy food," says founder Paul Lindley (Ella's dad).

For ages four months and older.  
About \$2 for 3.5 ounces,  
[ellaskitchen.com](http://ellaskitchen.com)

Jina Park, who founded the luxury baby-goods trade show Plush ([plushlittlebaby.com](http://plushlittlebaby.com)), is a fan of the organic **Greens Puffs** from **HAPPY FAMILY**. "Babies and toddlers just love these finger foods that melt in their mouth," she says of the Cheerios-like tidbits. "The Puffs teach tactility and self-feeding and are made with whole grains." Even though they're packed with kale, collard greens, and spinach, plus vitamins and minerals, the GMO- and gluten-free snacks taste sweet, thanks to their fruit juice flavoring. And the Puffs' recyclable canisters are BPA-free.

For ages seven months and older.  
\$3.49 for 2.1 ounces,  
[happybabyfood.com](http://happybabyfood.com)