

Featuring Salba Smart on *Because I Said So!! Mom Knows Best!* on February 1, 2010

BECAUSE I SAID SO!!! MOM KNOWS BEST!

Moms, Divas and intellectuals unite!

Monday, February 1, 2010

HAPPY BABY FOOD REVIEW AND GIVEAWAY!



YUM food! Michelle Loves to eat and it shows on my hips. I have been trying to lose the last 20 pounds of Baby weight I put on with Rowan for 6 months now and I am just not making any headway at all. I started out with a Bang and lost 70 in less then a month then I stalled out and can't lose another ounce. It is because I love to eat and do it often, um, all day, and every day. Just a munch munch munch away. One person in this house who's food is pretty safe from my constant snacking is Rowan. Have you seen baby food? YUCK! I can't believe most kids will even allow you to put it in their mouths. Now I will admit that a few things, the desserts mostly, smell pretty good and I have tasted

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a finger or two but the main courses, yikes, too nasty to even think about. The combinations alone are enough to make it hard for me to even feed her without a Chuck the Yuck bag nearby. Now I am not a fanatic that has to eat off a plate where no food touches the other and don't have issues like that but it is just some of the choices I see them toss into a jar of baby food. How are our kids going to learn to eat healthy and well when we don't offer them the foods we are going to eat in real life? I don't understand how I am supposed to offer Rowan healthy foods when she is a little older when I am shoving junk in her little body now. Let's be real here, most food is an acquired taste and if we acquire the taste for garbage first that is what we are going to want to eat later. Andrew was born before the [Organic](#) craze and there were not many options out there but I still made sure to have plenty of fresh foods and lots of options available to him at home. By 3 years of age he was eating Calamari and every kind of vegetable out there and would pick Grapes over Chips every time you gave him the choice. Now he is 16 and yes, the last 5 years since he started Jr High he has slipped into junk food but he still often asks for food other kids would push off their plates and whatever foods out there you are thinking no way a child would eat, he has and loves it! With Rowan I have noticed a lot of healthy items available right at a retail store but have not noticed many that look like something I would want to even eat let alone feed to her.

Food, YUM

Baby Food, YUCK!

Then I got the chance to do a review for [Happy Baby](#). Here is an Organic Food I can get behind and when I say Organic I mean [FRESH Organic](#) and not just a brand that slaps the label on the Bottle and puts them on a shelf. Their baby food is just like something you would make in your own kitchen and instead of adding a ton of preservative to keep it on the retail shelves longer they freeze it so when you heat and eat you know your Baby is getting a food that comes right from a kitchen to you. You do not get fresher than that! Even their [Baby Cereal](#) is fresh and tasty for they

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take natural grains and no genetically engineered ingredients and the only thing they do add is DHA that is spectacular for eye and brain development and recommended by doctors everywhere. Even their snacks are ones you can feed your little bundle without stressing that you are doing the right thing. These are PERFECT for me because Rowan is at that age and so determined to feed herself she fights me every step of the way. I end up giving in and letting her have a cracker or something only to watch her shove it in and almost choke for she just isn't old enough. The Organic Puffs from [Happy Baby](#) melt in her mouth so she doesn't end up with too much food in her little mouth and I can let her eat without trying to pry everything she stuffs in right back out and breath a sigh of relief. They are made with Whole Grains and come in 3 flavors to add a little variety to a Baby's limited diet selections and again, the only thing they add is extra vitamins and minerals. Even the packaging is green! The part I like best is they not only have [Apple and Banana Puffs](#) we know our kids will like they also have Green Puffs that will sneak in some veggies and she just thinks she is enjoying a treat!



Now when looking for a sweet treat I have now fell in love with the [Happy Melts](#). These are the only Freeze Dried Yogurt snacks out there and offer all the yummy goodness of yogurt in a finger sized snack they can pop in their mouth and go. They are low in everything but flavor and also add what should be Happy Baby's trademark of added probiotics to make sure she not only enjoys what she eats she gets super healthy perks too! Organics really did just get better. Now for meal time [Happy Baby](#) has Happy Bites and instead of the Yuck I have been, or now HAD been feeding her these are complete yummy balanced meals in handheld sizes and have some really great flavors and some hidden veggies so Mom can smile when she enjoys it and know it is super good for her! Now we all know kids love Mac and Cheese and Chicken

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Bites but these also come in Salmon and Vegi Tots because like I told you before what you feed your kids when they are little will reflect in their eating habits later. Happy Tot also has Salba, nature's super grain and comes in handy pouches that not only make eating on the run easy as pie, storage at home just got a lot more simple too. Plus remember the nasty combos I told you about, well you are not going to find that here. With meals such as Green Beans, Pears and [Peas and Banana](#), Peach, Prunes and Coconut, no more Chuck the Yuck bags at my elbow. I have a hard time not grabbing a spoon and digging in myself!



[Happy Baby](#) also has a book to help Mom and Dad with feeding Jr and making the right choices. It is all inclusive and tells you tips and offers advice on when to [feed baby](#) this and what time is best to introduce that and perfect for not only first time Moms and Dads but people unfamiliar with [Organic foods](#). They also don't stop at food and let you know all about wipes and diapers and everything else that you would need to know. The [book](#) is in such an easy to follow format even with my crazy lifestyle and busy pace I can just flip it open, go right to where I want to go and be on my way in a heartbeat. Um, did I mention the book also have well over 100 bucks in coupons right in the back. Now there is a way to not only get started on the path to a great wholesome Organic life but save some cash too! This is a must have for parents and perfect for cluing you in on what is the perfect time to feed baby foods you had questions about! Happy [Baby](#) in general offers everything Moms and Dads need for their little one and all of their products are not only super fresh and yummy but packed with Vitamins and Nutrients you just can't find elsewhere. I am super pleased that I got a chance to do a review for these guys for I had not heard of them before this and might have missed a super chance to feed Rowan right

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and now I get to chuck those Yuckiest foods I have been feeding her right into the trash where they belong! [Happy Baby](#) made one happy Mommy out of me!



[Happy Baby](#) wants to make a happy Mommy and Daddy out of you guys too and have offered to give one of my readers the same goodies I got to review. One winner will get the book and all the spectacular coupons plus free product coupons for their product line. You guys will get to try a little of everything for once you do I promise you that you will say Gerber who? next time someone asks! To enter just head over to their web site and take a look around. Check out the products and then come back here and post what you have learned in a comment. The contest will start tonight and run to midnight on March 21st!

USA and 18 and older can enter daily and the winner will be contacted by email and have 72 hours to contact me with their mailing information. As always you can earn a bonus entry by entering the contest of the day and other ways to enter are posted below.

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