



# Jackie Cameron Baby Food ticks all the boxes

- professionals approve -

“Until Jasmine came into our lives, baby-food production never entered my mind,” says award-winning chef Jackie Cameron from Jackie Cameron School of Food & Wine, her culinary institution in Hilton in the KwaZulu-Natal Midlands.

Jackie sources the freshest, locally grown, seasonal produce from the local farming community, and mothers have the assurance that they are feeding their babies the best possible food. Ingredients are organic, when available, some sourced from Jackie’s school vegetable garden. No preservatives, salt or sugar are added to the baby food.

Supported by professionals, including clinical dietitian, Claire Barnard; paediatrician, Dr Tashmin Bisseru; and doula, Ginny Oosthuizen, moms can be assured that Jackie Cameron Baby Food is produced with integrity.

“Jackie’s range is real, home-cooked yet chef-worthy, natural and complete,” says Claire Barnard. “Moms can run a complete feeding or weaning schedule for their weaning babies with her range and feel confident that their babies are receiving nutritiously balanced, wholesome meals,” she adds.



“Never have I been so captivated by baby food, specifically by the depth of colour that is maintained throughout the cooking process and the level of flavour that is revealed to tiny taste buds, without subjecting little humans to any additives or flavour enhancers.”

In Dr Tashmin Bisseru’s opinion, Jackie has “hit the nail on the head with this range.” Tashmin’s little girl is older than Jackie’s daughter, so she incorporates the purées into pasta and other sauces, as well as into her oats or pancakes. “I had no fight with getting her to eat veggies - even Jackie Cameron Baby Food’s broccoli and baby marrow which, previously, were not her favourites.



It’s reassuring not to have to worry about reading the labels to check for artificial or chemical additives.”

Ginny Oosthuizen put her comment in a nutshell. “The foundation of a happy healthy baby starts with good food,” she succinctly says.

All agreed that - apart from healthy, tasty and colourful - being freezer-friendly and easy to defrost, the Jackie Cameron Baby Food range was comprehensive and practical.

Markers indicate the recommended age for each product, and to avoid waste there is only one flavour per tub.