

Weekly Wonder Tool: EZ Squeezes

Baby food containers have changed dramatically since I began spooning puree into my children's mouths in 2009. With Collin, it was glass jars. With Frank, plastic tubs. And now that Leo is getting ready to eat solid food, the pouch is all the rage.

Those little jars I got for Collin were under a dollar. Frank's tubs were a little over a dollar. And the pouch? Nearly \$2 a pop!

Baltimore dad Jordan Takas felt equally appalled at the cost of pouched baby food, but he also saw in it an opportunity. With his medical devices background, passion for wellness, and just plain ingenuity, Jordan developed a refillable pouch, which became EZ Squeezes.

EZ Squeezes zipper down the side to accommodate 6.5 ounces of squeezable product. (There are larger sized pouches in the works). On one end is a spout, which is where the product is dispensed. Though not advertised as such, the spout will accommodate an attachable spoon from a well-known baby products manufacturer. The best part of all is that the EZ Squeeze is easy to clean in your sink and even in the dishwasher!

To fill the EZ Squeeze, place on the lid, unzip the side of the pouch, blow in some air to fill the gusset, and spoon in the product. You can even write down the contents on the back of the pouch.



We tried the EZ Squeeze for a week, despite the fact that we won't need to use it for baby food for a few more weeks. I used it to pack the remnants of my smoothie, rather than allowing my blender to consume precious refrigerator real estate. I also packed myself a protein shake for the gym. I found that the liquids leaked a little bit through the sides. Patrick had more success with hummus and almond butter, though squeezing those pasty condiments took a little more effort.



Baby and other pureed food – the intended fillers- are much better. Applesauce was the golden ticket for me. (Collin is getting some packed in an EZ Squeeze for his lunch tomorrow.)

As for baby food, I plan on making more of my own this time, due to increasing costs and to honor my desire to feed my children minimally processed vegetables and fruits. Using the EZ Squeezes to store Leo's homemade food will make that goal much easier to attain for around the house or on the go. Just think – it packs flat when it's empty and is kinder for the environment than the constant stream of

plastic spilling out of homes with young children.

If you are the parent of a young child, or are health conscious when it comes to your diet, or care deeply about the environment, or, like me, are all of the above, the EZ Squeeze could easily enhance your day-to-day life. You can purchase EZ Squeezes at Wegman's or Whole Foods (and possibly Giant in the spring) or from their website. A three pack costs \$9.99 and could pose a world of savings.