



7) **Peas of Mind:** Peas of Mind foods also live in the freezer aisle, but you won't find any simple purees here. The company's "Puffets," firm, hand-held casseroles bursting with ingredients like organic fruits, veggies and legumes, are a great way to sneak nutrients into your kids' bellies. Because of the size and texture, Peas of Mind's foods are aimed at little ones 12 months and over, and if your child suffers from food allergies, you'll want to pay attention to the ingredients list, as whole milk and yolk-free egg noodles abound. (**Store Locator**)