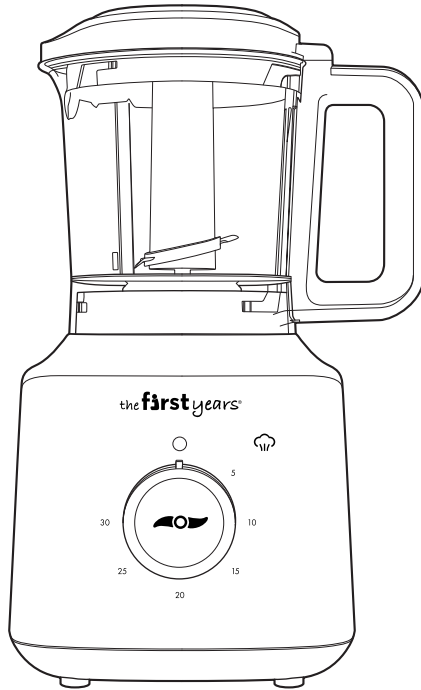


the **first** years<sup>®</sup>

# First Fresh Foods™ Blender & Steamer Instructions

Y7860

1. Bowl Lid
2. Blade
3. Bowl
4. Tank Lid
5. Water Tank
6. Base
7. Control Knob
8. Power Indicator Light

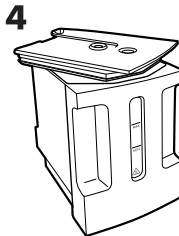
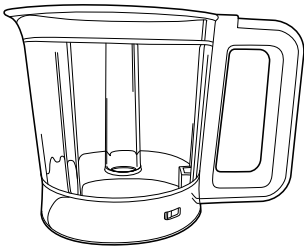
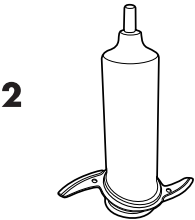
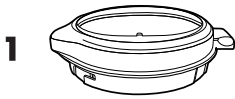


## Technical Data

Supply voltage:  
120VAC 60Hz

Steam:  
300W

Blend:  
120W



**5**



**8**

**7**

**6**

**READ ALL INSTRUCTIONS BEFORE USING.**

**KEEP THESE INSTRUCTIONS  
FOR FUTURE REFERENCE.**

**FOR HOUSEHOLD USE ONLY.**

## CAUTIONS:

1. Always test the temperature of food before feeding baby.
2. Before removing the Water Tank, make sure the appliance has cooled down completely.
3. Always allow appliance to cool and empty all water from the Tank after each use.
4. Clean all parts of the appliance after each use.
5. Ensure all parts of the appliance are dry before storing in a cool dry place.

## IMPORTANT SAFEGUARDS

**When using electrical appliances, basic safety precautions should always be followed including the following:**

Read all instructions.

1. Do not touch hot surfaces. Use handles.
2. To protect against electric shock, do not immerse cord, plug or appliance in water or other liquid.
3. Close supervision is necessary when any appliance is used near children.
4. Unplug from outlet when not in use and before cleaning. Allow to cool before inserting or removing parts.
5. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or adjustment.
6. The use of accessory attachments not recommended by the appliance manufacturer may cause fire, electric shock, or injury.
7. Use on level surface and be sure there is nothing else under the unit.
8. Household use only. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near hot gas or electric burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot liquids.
12. Do not use appliance for other than intended use.
13. Do not use the machine without food in the bowl.
14. Make sure machine is turned off before unplugging.
15. If using the machine with an extension cord, make sure the cord is the proper electrical rating for the machine. The extension cord should be arranged so that it does not drape over counter top or tabletop where it can be pulled on by children or tripped over unintentionally.
  - a) A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.
  - b) Extension cords are available and may be used if care is exercised in their use.
  - c) If an extension cord is used:
    - 1) The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance;
    - 2) The cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally; and
    - 3) If the appliance is of the grounded type, the extension cord should be a grounding-type 3-wire cord.

16. Before serving, be sure food is at safe temperature.
17. Unplug cord from wall outlet and plate puree before serving food made in machine. Do not leave cord within child's reach.
18. Avoid contact with moving parts. Never remove lid while blade is moving.
19. Blade has 2 cutting edges and is sharp. Handle carefully. Install and remove by handling the top of plastic column.
20. Do not blend hard foods in this machine. Use the steam and blend function for hard foods such as carrots and potatoes. Use the blend only function for soft foods such as bananas and avocados.
21. No serviceable parts inside.
22. The user should not attempt to service or repair the unit.
23. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
24. Children should be supervised to ensure that they do not play with the appliance.
25. Do not overfill and avoid spillage on the connector of water tank.
26. The heating element surface is subject to residual heat after use. Avoid contact.
27. Turn the appliance OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.
28. Bowl must be in place before replacing Blade.
29. The appliance is intended for processing small quantities of food for immediate consumption, and is especially recommended for preparing baby food. The appliance is not intended to prepare large quantities of food at one time.
30. Keep hands and utensils away from Blade while chopping food to reduce the risk of severe injury to persons or damage to the food chopper. A scraper may be used but only when the food chopper is not running.
31. To reduce the risk of injury, never place Blade on base without first putting bowl properly in place.
32. Be certain cover is securely locked in place before operating appliance.
33. Do not attempt to defeat the cover interlock mechanism.
34. CAUTION: Do not open until blade stops.

## **SAVE THESE INSTRUCTIONS**

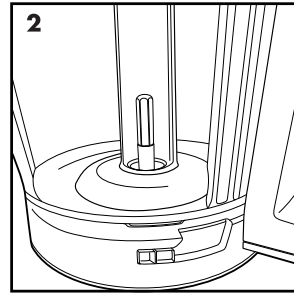
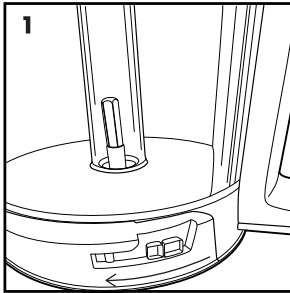
## BEFORE FIRST USE

1. Unpack appliance and remove all packing materials.
2. Clean all the parts as described in the CLEANING AND MAINTENANCE section.

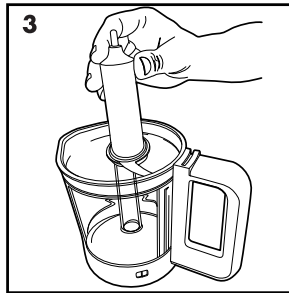
**NOTE:** Before any food preparation, make sure that the appliance is unplugged.

## USING BOWL, BLADE, AND BOWL LID

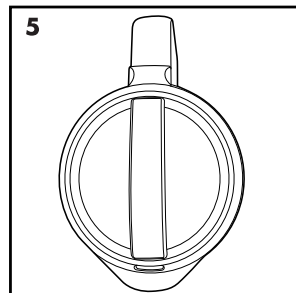
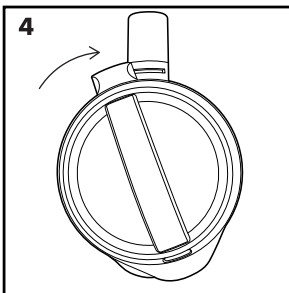
Place the Bowl onto the Base. Twist clockwise to secure base in place. (Fig. 1, Fig. 2)



Place the Blade into the Bowl over the center post and push down. (Fig. 3)

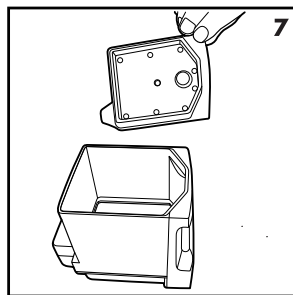
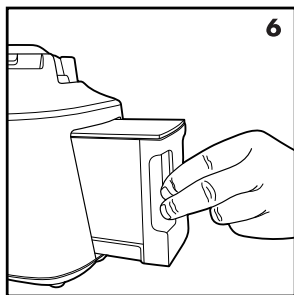


Place the Lid onto the Bowl. Twist clockwise to secure Lid in place. (Fig. 4, Fig. 5)

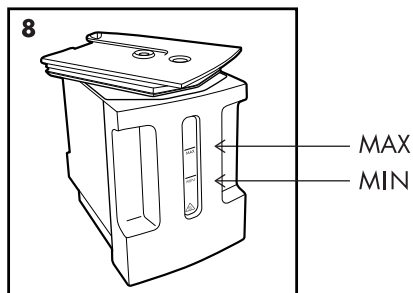


## TO STEAM

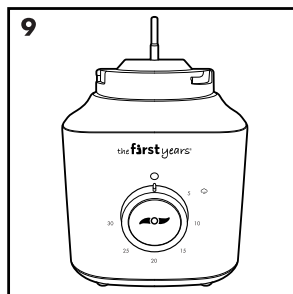
1. Ensure Bowl and Blade are properly in place.
2. Prep food: See Food Chart for recommended sizes.
3. Place the food into the Bowl above the Blade.
4. Place the Bowl Lid onto the Bowl.
5. Pull out the Water Tank and remove the Tank Lid. (Fig. 6, Fig. 7)



6. Fill the Water Tank with water. Water level must always be between the Min and Max fill lines. (Fig. 8)
7. Place the Tank Lid back on the Water Tank and push it fully back into the base.
8. Plug in the appliance.
9. Refer to Food Chart for suggested cooking times.
10. Turn Control Knob to desired time. (Fig. 9)  
The steamer will start and the timer will ding when steaming is done. If food is properly cooked before the timer ends, turn the knob counter clockwise to manually stop the steaming.



**CAUTION:** Steam escaping from the Bowl Lid vent will be HOT. Keep clear of vent. After steaming, Bowl and Lid will be hot and steam may still be inside Bowl. Wait for product to cool and exercise care when removing Lid.



## TO BLEND

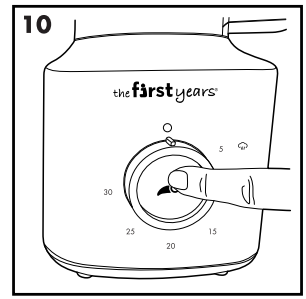
**NOTE:** Before blending, ensure food has been steamed or is already of a soft consistency, such as avocados or bananas that can be blended without steaming. When cooking softer foods that do not require steaming, first prep the food by cutting into small pieces before placing in the Bowl.

1. Ensure Bowl, Blade, and Lid are properly secured.

- Blend by pushing the Control Knob for 20 seconds.  
Push in 8-10 second intervals for additional blending for desired puree. [Fig. 10]

**CAUTION:** Bowl and Lid may be hot and steam could still be inside Bowl. Wait for product to cool and exercise care when removing Lid.

**IMPORTANT:** Always test food temperature before feeding.



## INTRODUCING SOLID FOODS

It's easy to create a variety of delicious, healthy foods for baby with the First Fresh Foods Blender & Steamer.

The American Academy of Pediatrics recommends starting solid foods at 6 months, but it is important to talk to your pediatrician before introducing your own baby to solid foods. Your baby is unique and may have different needs.

**Helpful Hint:** Introduce new foods slowly by waiting a few days in between different foods. If your baby develops an allergic reaction, it will be easier to pinpoint the specific food that caused it.

## PREPARATION AND COOKING TIPS

- Wash, peel and core (if necessary) the fruit or vegetable. Cut into small chunks. Smaller pieces of food steam and blend more thoroughly, ensuring a smooth texture that is easier for baby to swallow and digest. Refer to the chart for recommended sizes.
- When steaming is complete and before blending, check to see if any excess water needs to be poured out. Most fruits and some vegetables contain water that can thin out your puree. Draining will help to improve the consistency.
- Other foods may not contain enough water, resulting in a puree that is too thick. Adding 2.5 oz (74 ml) of water, breast milk, or formula after steaming and before blending will give you a puree that is thinner and easier for your baby to eat.
- The Bowl can hold 20 oz (600 ml) of raw ingredients. The unit works best filled loosely, just under the maximum capacity. Do not pack Bowl too tightly, and do not use with a very small amount of food.
- Limiting the amount of meat when steaming helps to ensure all of it reaches a safe internal temperature. Always make sure meat is cooked thoroughly before feeding your child. Extend the cooking time if the meat is not cooked thoroughly.
- Check the water level in the Water Tank before setting the unit to Steam. If the Water Tank runs dry, the unit will shut off.

**Note:** Timer operates separately from the Steamer and will continue to run even if the Steamer shuts off due to empty water tank. For best results, use purified water to prevent scaling in the Water Tank.

**Caution:** Before feeding:

- Always check for any large or unblended chunks of food, and
- Always allow the food to cool down to a temperature that is right for your child.

**Servings for one processing:** No more than 12 oz (350 g) for fruits and vegetables; and no more than 8 oz (225 g) for meat.

FOOD	QUANTITY	CUT SIZE	STEAM TIME	DRAIN AFTER STEAMING
<b>FRUITS</b>				
Apples	2 medium, 250 g	1/4 in, 6 mm diced	20 minutes	No
Blueberries	1 pint, 330 g	Whole	15 minutes	Yes
Mangoes	2 medium, 250 g	1/4 in, 6 mm diced	20 minutes	Yes
Peaches	3 small, 260 g	1/4 in, 6 mm diced	20 minutes	No
Pears	2 medium, 300 g	1/4 in, 6 mm diced	25 minutes	No
Plums	4 medium, 350 g	1/4 in, 6 mm diced	15 minutes	Yes
Strawberries	2 cups, 300 g	Cut into quarters	10 minutes	Yes

**VEGETABLES** \* May require adding a small amount of water to bowl after steaming for a smoother consistency.

Broccoli*	2.5 cups, 180 g	1 in, 24 mm florets	25 minutes	No
Butternut Squash	1/3 squash, 325 g	1/4 in, 6 mm diced	25 minutes	No
Carrots	2 cups baby carrots, 280 g	1/4 in, 6 mm slices	30 minutes	No
Potatoes*	2 medium, 250 g	1/4 in, 6 mm diced	20 minutes	No
Green Beans* (fresh)	2 cups, 240 g	1/2 in, 13 mm slices	30 minutes	No
Peas (frozen)	2 cups, 280 g	Whole	25 minutes	Yes
Sweet Potatoes*	1 medium, 275 g	1/4 in, 6 mm diced	30 minutes	No
Zucchini	1 medium, 280 g	1/4 in, 6 mm diced	15 minutes	No

**MEATS** **NOTE:** Always ensure meats have reached a safe temperature. It may be necessary to add additional time to achieve this.

Chicken	8 oz, 225 g	1/4 in, 6 mm diced	25 minutes	No
Beef (sirloin)	8 oz, 225 g	1/4 in, 6 mm diced	20 minutes	No
Ground Meat	8 oz, 225 g	Crumbled, small chunks	30 minutes	No
Fish	8 oz, 225 g	1/4 in, 6 mm diced	20 minutes	No

## CLEANING AND MAINTENANCE

Before cleaning, always unplug the appliance and ensure it has completely cooled down.

**NOTE:** Never immerse the base in water. Do not use scouring pads, solvents or abrasive cleaners as they could damage the unit.

1. Clean the appliance before and after each use. Rinsing all parts immediately after use will help prevent food from hardening on the Bowl, Lid and Blade.
2. Bowl, Bowl Lid, and Blade are top shelf dishwasher safe, or can be hand washed in clean water with mild liquid soap. Rinse thoroughly and let air dry. **NOTE:** Check to confirm that all food residue has been washed out of the inside of both the Blending Blade's tower and the Bowl Lid's vent.
3. Water Tank and Tank Lid can be hand washed with clean water and mild liquid soap. Rinse only the inside of Water Tank, do not submerge in water, and let air dry.
4. Base should be wiped down with a damp cloth only.

Any other servicing should be performed by an authorized service representative.

# TROUBLESHOOTING

ISSUE	CONDITION	SOLUTION
<b>Unit will not start</b>	Water Tank is empty.	Add water to Water Tank.
	Bowl is not fully inserted in Base.	Make sure Bowl and Bowl Lid are turned clockwise as far as possible and latched to Base.
	Machine is unplugged.	Plug in machine.
<b>Unit stops during operation</b>	Water Tank is empty.	Add water to Water Tank.
	Bowl Lid has become disengaged from Base.	Make sure Bowl and Bowl Lid are turned clockwise as far as possible and latched to Bowl.
<b>Final puree consistency is not smooth</b>	Raw food isn't diced finely enough before steaming.	Dice food into smaller pieces, approx. 1.25 oz (37 ml) before placing in Bowl.
	Low water content of raw food.	Add additional water, formula or breast milk or other liquid after steaming and blend longer.
<b>Bowl is leaking</b>	Bowl Lid has become disengaged from Base.	Make sure Bowl Lid is turned clockwise as far as possible and latched to Base.
<b>Scaling in water tank</b>	Mineral rich water used persistently.	Dampen a soft cloth with vinegar and wipe the Water Tank gently to remove scaling. You may also use a very soft brush, like a toothbrush, to gently remove. Rinse <u>only the inside</u> of Water Tank, do not submerge in water, and let air dry.
<b>Turned Control Knob to start steaming, but LED didn't light</b>	Water Tank is empty.	Add water to Water Tank.
	Machine is unplugged.	Plug in machine.
	Bowl is not fully inserted in Base.	Make sure Bowl is turned clockwise as far as possible and latched to Base.
	Bowl Lid is not secured to Bowl.	Make sure Bowl Lid is turned clockwise as far as possible and latched to Bowl.
<b>LED is on, but unit is not steaming</b>	Water Tank is empty.	Add water to Water Tank.

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help@thefirstyears.com / 1-800-704-8697 / www.thefirstyears.com

If you have a warranty question or any other customer care questions, please contact our Customer Care team by calling 800-704-8697 or by e-mailing cs@tomy.com. You can also visit our warranty page at: <https://us.tomy.com/warranty>

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