Infant Feeding in CACFP
Infant Meals

• Claiming infants in CACFP
• Infant meal pattern
• Creditable foods
• Recordkeeping requirements
Question:
If a family day home provider participating in the CACFP does not provide infant foods and/or formula to infants in their care and requires parents to supply these items.

Is this a civil rights issue?
Yes. All children who attend a participating center or home must be provided equal access to the benefits of the CACFP. Therefore, infant formula and food **must** be offered to all infants in your home and parents cannot be asked or required to supply these items. To withhold the program from any eligible age group is age discrimination.

Federal law prohibits discrimination in Child Nutrition Programs based on: Race, Color, National Origin, **Age**, Sex, and/or Disability
Claiming Infants in CACFP

To claim infants, you must

1. Complete an enrollment form. You must write in the name of the formula you supply.
2. The parent must write in if they accept your formula, the type of formula they will supply or if they will breast milk in a bottle.
3. Follow the CACFP Infant Meal Pattern
Parent Provided Food & Formula

A parent may **choose** to provide food and/or formula for their own child.

- Must be an approved iron-fortified infant formula.
- Maintain documentation that the parent declined offered food and/or formula.
Food Provided by Parents

Parents **may** provide breast milk, formula, and/or foods,

However, the provider **must**:

Supply at least **one** required component when two or more components are offered, **in order to claim** the meal for reimbursement.
Food Provided by Parents

When mom comes to your home and *nurses*...
the meal is **not** reimbursable...

**UNLESS**
You supply an *additional* required component.
USDA Infant Meal Pattern

USDA defines infants as ages birth through the 11\textsuperscript{th} month.

Amounts and types of food required to offer changes as infants get older.
Meal pattern is grouped into three age categories:

- Birth through 3 months
- 4 months through 7 months
- 8 months through 11 months
<table>
<thead>
<tr>
<th>Age</th>
<th>Breakfast</th>
<th>Lunch and Supper</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth through 3 months</td>
<td>4-6 fluid ounces of formula(^1) or breast milk(^2,3)</td>
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</tr>
<tr>
<td>4 through 7 months</td>
<td>4-8 fluid ounces of formula(^1) or breast milk(^2,3) 0-3 tablespoons of infant cereal(^1,4)</td>
<td>4-8 fluid ounces of formula(^1) or breast milk(^2,3); 0-3 tablespoons of infant cereal(^1,4); and, 0-3 tablespoons of fruit or vegetable or both</td>
<td>4-6 fluid ounces of formula(^1) or breast milk(^2,3)</td>
</tr>
<tr>
<td>8 through 11 months</td>
<td>6-8 fluid ounces of formula(^1) or breast milk(^2,3) and 2-4 tablespoons of infant cereal(^1) and 1-4 tablespoons of fruit or vegetable or both</td>
<td>6-8 fluid ounces formula(^1) or breast milk(^2,3) and 2-4 tablespoons of infant cereal(^1) and/or 1-4 tablespoons of lean meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 ounces (weight) cheese; or 1-4 ounces (volume) cottage cheese; or 1-4 ounces (weight) of cheese food or cheese spread; and 1-4 tablespoons of fruit or vegetable or both</td>
<td>2-4 fluid ounces of formula(^1) or breast milk(^2,3), or fruit juice(^5) and 0 to ½ slice of crusty bread(^4,6) or 0 to 2 crackers(^4,6)</td>
</tr>
</tbody>
</table>

Refer to the **Child Care Infant Meal Pattern** Handout for the footnotes\(^1, 2, 3, 4, 5, 6\).
Required Components

May offer either:

• Breast Milk or

Iron-fortified Infant Formula (IFIF)

**Solids** when infants are developmentally ready:

• 4-7 months *(optional only if not developmentally ready)*
• 8-11 months **required**
### USDA Infant Meal Pattern

Meal pattern is grouped into three age categories:

<table>
<thead>
<tr>
<th>Babies Age:</th>
<th>When Babies Can:</th>
<th>Serve:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth through 3 Months</td>
<td>• Only suck and swallow</td>
<td>LIQUIDS ONLY</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Breastmilk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Infant formula with iron</td>
</tr>
</tbody>
</table>

- **Birth through 3 months**
# Birth through 3 months

<table>
<thead>
<tr>
<th>Age</th>
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<th>Snack</th>
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<td>4-6 fluid ounces of formula(^1) or breast milk(^2,3)</td>
</tr>
</tbody>
</table>

**Required** at all meals and snacks:
- Iron-fortified formula or
- Breast milk

**OK to offer less than the minimum amount of breast milk**
USDA Infant Meal Pattern

Meal pattern is grouped into three age categories:

- **4 months through 7 months**
  - Draw in upper or lower lip as spoon is removed from mouth
  - Move tongue up and down
  - Sit up with support
  - Swallow semisolid foods without choking
  - Open the mouth when they see food
  - Drink from a cup with help, with spilling
  - **ADD SEMISOLID FOODS**
    - Infant cereal with iron
    - Strained vegetables
    - Strained fruit
    - "may be started later in the age range"
4 through 7 months

<table>
<thead>
<tr>
<th>Age</th>
<th>Breakfast</th>
<th>Lunch and Supper</th>
<th>Snack</th>
</tr>
</thead>
</table>
| 4 months through 7 months    | 4-8 fluid ounces of formula\(^1\) or breast milk\(^2,3\)  
0-3 tablespoons of infant cereal\(^1,4\) | 4-8 fluid ounces of formula\(^1\) or breast milk\(^2,3\);  
0-3 tablespoons of infant cereal\(^1,4\); and,  
0-3 tablespoons of fruit or vegetable or both | 4-6 fluid ounces of formula\(^1\) or breast milk\(^2,3\) |

**Required** at all meals and snacks:
- Iron-fortified formula or
- Breast milk

**Solid** foods when developmentally ready
USDA Infant Meal Pattern

Meal pattern is grouped into three age categories:

- **8 months through 11 months**
  - Move tongue from side to side
  - Begin spoon feeding themselves with help
  - Begin to chew and have some teeth
  - Begin to hold food and use their fingers to feed themselves
  - Drink from a cup with help, with less spilling

- **ADD MODIFIED TABLE FOODS**
  - Mashed or diced soft fruit
  - Mashed or soft cooked vegetables
  - Mashed egg yolk
  - Strained meat/poultry
  - Mashed cooked beans or peas
  - Cottage cheese, yogurt, or cheese strips
  - Pieces of soft bread
  - Crackers
  - Breastmilk, iron-fortified formula, or fruit juice in a cup

➤ 8 months through 11 months
## 8 through 11 months

<table>
<thead>
<tr>
<th>Age</th>
<th>Breakfast</th>
<th>Lunch and Supper</th>
<th>Snack</th>
</tr>
</thead>
</table>
| 8 through 11 months | 6-8 fluid ounces of formula\(^1\) or breast milk\(^2,3\)  
and 2-4 tablespoons of infant cereal\(^1\)  
and 1-4 tablespoons of fruit or vegetable or both | 6-8 fluid ounces formula\(^1\) or breast milk\(^2,3\)  
and 2-4 tablespoons of infant cereal\(^1\)  
and/or 1-4 tablespoons of lean meat, fish, poultry, egg yolk, cooked dry beans or peas;  
or ½-2 ounces (weight) cheese;  
or 1-4 ounces (volume) cottage cheese;  
or 1-4 ounces (weight) of cheese food or cheese spread;  
and 1-4 tablespoons of fruit or vegetable or both | 2-4 fluid ounces of formula\(^1\) or breast milk\(^2,3\), or fruit juice\(^5\)  
and 0 to ½ slice of crusty bread\(^4,6\)  
or 0 to 2 crackers\(^4,6\) |
8 months through 11 months

**Required at Breakfast:**

- Iron-fortified formula or breast milk
- Iron-fortified infant cereal (IFIC)
- Fruit and/or vegetable (*not* juice)
8 months through 11 months

**Required** at Lunch and Supper:

- Iron-fortified formula or breast milk
- Fruit and/or vegetable *(not juice)*
- Iron-fortified infant cereal (IFIC) and/or
- Meat/meat alternate
  
  Lean meat, fish, poultry, egg **yolk**, cheeses, and beans or peas

Do **not** feed any shellfish, peanut butter, **whole** eggs, or egg **whites** before 1 year.
8 months through 11 months

**Required at Snacks:**
- Iron-fortified formula or
- Breast milk or
- *Fruit Juice* (full strength) [only at snack & only for 8-11 month olds]

**Optional at Snacks:**
- Crusty bread or
- Crackers
8 months through 11 months

Optional at Snacks:

• Crusty bread or
• Crackers

Whole grain or enriched meal or flour

Not “Bread Alternates”

Not all grains and bread/bread alternates are appropriate for infants!
Transitional Period

After the 1st Birthday
• Between the 12th and 13th month

Transition from IFIF to cows milk
• Offer as a mixture

NOTE: Children who are fed breast milk may continue to be served breast milk in place of fluid milk at any age—as long as mom is willing to supply it!
Happy 1st Birthday!

After the 1st Birthday

• Serve off of the 1-2 year old meal pattern

Medical statements *required* if:

• Infants *not* ready to transition to cows milk after their 13th month

• Infants *not* ready to be served the 1-2 year old meal pattern
Infant Formula

Provider **must** supply at least one creditable infant formula. Must be iron-fortified.

To view the list of approved iron-fortified formulas, go online to:

Exempt Infant Formulas

i.e. Nutramigen, Pregestimil, Alimentum

Specialty formulas required for:
- inborn errors of metabolism
- low birth weight
- unusual medical or dietary problems

www.fda.gov
search “exempt infant formula”
A signed statement by a recognized medical authority is required to support the use of:

- Low-iron infant formulas.
- Follow-up formulas when served to infants less than the specified age.
- Exempt infant formulas.
Medical Statements

Also required for serving:

- Cows milk to children **under** 1 year.
- Formula to children **over** 13 months.
- An alternate meal pattern.
Creditable Foods for Infants

Foods prepared in the home, with appropriate modifications.

Commercially prepared foods must be plain fruits, vegetables, and meats.

Infant cereal must be iron fortified...and served with a spoon, not in a bottle.
Introducing Solids

Introduce new food one at a time:

• Allow 3 to 5 days between each new food.
• Observe infant closely for any reaction to new items.
• Serve appropriate textures in small amounts. [...longer cooking times, mincing, smashing, mashing, or pureeing foods]

Do not add sugar, salt, fat, or spices to food.
Iron-fortified Infant Cereal

**CREDITABLE**
- Infant cereals
  - Iron-fortified
  - Can be mixed with breast milk or formula

**NON-CREDITABLE**
- Adult cereals
- Not iron-fortified infant cereals
- Infant cereals containing fruit
- Jarred infant cereals
# Commercially Prepared Infant Food

## Fruits and Vegetable

<table>
<thead>
<tr>
<th>Creditable</th>
<th>Non-Creditable</th>
</tr>
</thead>
<tbody>
<tr>
<td>The fruit or vegetable is the first ingredient.</td>
<td>Baby dinners.</td>
</tr>
<tr>
<td>Contains multiple fruit or vegetable ingredients.</td>
<td>Jarred cereal with fruit.</td>
</tr>
<tr>
<td>Water is NOT the first ingredient.</td>
<td>Desserts.</td>
</tr>
<tr>
<td></td>
<td>Water is the first ingredient.</td>
</tr>
<tr>
<td></td>
<td>Containing DHA*.</td>
</tr>
</tbody>
</table>

Docosahexaenoic Acid (DHA) containing baby foods: DHA is an omega-3 fatty acid that may be added to commercially prepared fruits or vegetables, typically seen in dessert-type foods, as the source of the DHA could be egg yolk.
**Mixed Vegetables**  
Beech-Nut Naturals Stage 2  
4 oz.  
Vegetables  

**Ingredients:**  
vegetables (carrots, green beans, peas) and water necessary for preparation.

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**Green Beans, Corn & Rice**  
Beech-Nut Naturals Stage 3  
4 oz.  
Vegetables  

**Ingredients:**  
Green beans, corn, water and rice flour.

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**Creditable**  
- Vegetable 1st ingredient.  
- Water okay.  
- No other food components.

**Not Creditable**  
- Vegetable 1st ingredient.  
- Water okay.  
- Has rice flour, another food components, making it a “dinner”.
# Commercially Prepared Infant Food

## Meat & Meat Alternates

<table>
<thead>
<tr>
<th>Creditable</th>
<th>Non-Creditable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain strained baby food meats</td>
<td>Combination dinners.</td>
</tr>
<tr>
<td>• Including those with beef, chicken, turkey, lamb, veal, and ham.</td>
<td>Meat sticks.</td>
</tr>
<tr>
<td></td>
<td>Breaded/battered seafood and canned fish with bones.</td>
</tr>
<tr>
<td></td>
<td>Yogurt.</td>
</tr>
<tr>
<td></td>
<td>Nuts, seeds, and nut/seed butters.</td>
</tr>
</tbody>
</table>
Chicken Lasagna
Beech-Nut Naturals Stage 3
6 oz.
Dinners

Ingredients:
water, tomato paste, finely ground chicken, carrots, pear puree concentrate, enriched macaroni product (durum wheat semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin and folic acid) and romano cheese (made from partially skimmed cow's milk, cheese cultures, salt and enzymes).

Vegetables & Beef
Beech-Nut Naturals Stage 2
4 oz.
Dinners

Ingredients:
vegetables (carrots, rehydrated potatoes, peas), water and beef

Not Creditable
• Has more than 1 food component.
• Considered a “Dinner”.

Not Creditable
• Water 1st ingredient
• More than 1 food component. Making it a “Dinner”.
Chicken & Chicken Broth
Beech-Nut Naturals Stage 1
2.5 oz.
Meats

Ingredients:
Chicken, finely ground chicken, and chicken broth.

Creditable
• Chicken is the only ingredient.
CREDITABLE Breads for Infants

Breads (*without* seeds, nuts, or hard pieces of grain kernels):

- White
- Wheat
- Whole wheat
- French
- Italian
- other similar breads
CREDITABLE Breads & Cereals for Infants

OTHER FOODS:

• Biscuits
• Bagels
• English muffins
• Pita bread
• Rolls
• Soft tortillas

CRACKERS:

• Saltines
• Snack crackers
• Animal crackers
• Graham crackers *(without honey)*

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*clostridium botulinum spores = serious food borne illness*
NON-CREDITABLE Breads & Crackers for Infants

ALLERGIES (whole eggs):
- Pancakes
- Waffles
- Muffins

CALORIES:
- Brownies
- Cakes
- Donuts

CHOKING:
- Hard pretzels
- Breadsticks
- Tortilla chips
- Granola bars
- Some ready to eat cereals
CREDITABLE Foods for Infants...

Fruit Juice

CREDITABLE
• Full strength juice
• Only at snack for 8 - 11 month old infants

NON-CREDITABLE
• Unpasteurized fruit juice
• Vegetable juice
• Fruit juices with yogurt
Meal Times for Infants

No specific meal time

May offer meal at more than one sitting

Complete one meal *before* serving the next
Meal Times for Infants

*On-demand* infant feeding

Feed when *hungry*

Only *approved* meal types can be claimed
Infant Menus

Maintain a separate menu for meals served to infants (less than 12 months of age).

Write infant’s name and date of birth on each page.

You may use one menu for more than one infant, as long as each infant received exactly the same food items and the menu identifies which infants received the meals. For example, you may keep one menu per age group (birth - 3 months, 4 months - 7 months and 8 -11 months) if all infants in the each age group receive the same food items for meals.
Infant Menus

Infant menus must contain the following information:

• Food components offered
• Name (first & last) of infant
• Infant’s age and/or date of birth
• Meal type
• Date of meal service
Sample Infant Lunch Menus

<table>
<thead>
<tr>
<th></th>
<th>4-7 months</th>
<th>8-11 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Breast milk or iron-fortified formula</td>
<td>Breast milk or iron-fortified formula</td>
</tr>
<tr>
<td></td>
<td>Pureed peaches — optional*</td>
<td>Pureed or chopped peaches</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Masked pinto beans</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Breast milk or iron-fortified formula</td>
<td>Breast milk or iron-fortified formula</td>
</tr>
<tr>
<td></td>
<td>Mixed or chopped bananas</td>
<td>Mixed or chopped green beans</td>
</tr>
<tr>
<td></td>
<td>Infant barley cereal — optional*</td>
<td>Infant barley cereal</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Breast milk or iron-fortified formula</td>
<td>Breast milk or iron-fortified formula</td>
</tr>
<tr>
<td></td>
<td>Pureed bananas — optional*</td>
<td>Mixed or chopped bananas</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steamed turkey</td>
</tr>
<tr>
<td>Thursday</td>
<td>Breast milk or iron-fortified formula</td>
<td>Breast milk or iron-fortified formula</td>
</tr>
<tr>
<td></td>
<td>Applesauce — optional*</td>
<td>Mixed or chopped bananas</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steamed wheat</td>
</tr>
<tr>
<td>Friday</td>
<td>Breast milk or iron-fortified formula</td>
<td>Breast milk or iron-fortified formula</td>
</tr>
<tr>
<td></td>
<td>Pureed sweet potatoes — optional*</td>
<td>Mixed or chopped potatoes</td>
</tr>
<tr>
<td></td>
<td>Infant barley cereal — optional*</td>
<td>Canned or cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Canned or cheese</td>
</tr>
</tbody>
</table>

From birth to 4 months the breakfast, lunch and snack meals for infants is breast milk or iron-fortified formula.

* From 4 — through 6 months of age, nutrition requirements can be met with only breast milk or formula. However, if requested by the parent, beginning at 4 months infant cereal can be added to breakfast and/or lunch or supper and pureed fruits or vegetables can be added to lunch or supper.

At 8 months a bread or cracker-type food can be added to snack.

CAEFP-109 (©1/10)

Infant Daily Report
(6 weeks-12 months)

Child’s Name: __________________________  Arrival Time: _______ Date: _________

***Parent’s Corner:***

Special Instructions For The Day:____________________________________________________

Baby Last Ate: __________________________  Time: __________________________

Breast Milk: _______ Formula (What Kind): __________________________

Baby Last Slept: __________________________  Time: __________________________

Teacher’s Information About Your Baby’s Day

Baby Seeks: _____ Happy _____ Fussy _____ Not Feeling Well

Baby Slept: From: _______ To: _______ / From: _______ To: _______

From: _______ To: _______ / From: _______ To: _______

Baby Ate: _____ Breast Times: __________________________

_____ Bottle Times: __________________________  Amount: __________________________

_____ Bottle Times: __________________________  Amount: __________________________

_____ Solids Times: __________________________  Amount: __________________________

_____ Solids Times: __________________________  Amount: __________________________

Diaper Time:

Little Job __________________________

Big Job __________________________

Diaper ✓ __________________________

Last Change __________________________

Notes To Parents: __________________________________________________________

We Need: ________________________________________________________________
Infant Menus

Common Menu Documentation Errors:

• Non-creditable foods
• Missing required components
• Breast fed infants are included in the meal counts (and no other component supplied by the site).
Infant Menus

Common Menu Documentation Errors:

- Not moving to next set of meal pattern requirements at start of their 4th and 8th months.
- Children over age 1 are still fed infant meal pattern.
Infant Recordkeeping

Infants must be recorded on the, claim sheet and be claimed for reimbursement the same as for older children (2 meals and 1 snack OR 2 snacks and 1 meal per infant/day)
More information on feeding infants...

1: INTRODUCTION
2: INFANT DEVELOPMENT AND FEEDING SKILLS
3: FEEDING THE BREASTFED BABY
4: FEEDING INFANT FORMULA
5: HOW TO FEED A BABY USING A BOTTLE
6: PREVENTING TOOTH DECAY
7: FEEDING SOLID FOODS
8: DRINKING FROM A CUP
9: CHOKING PREVENTION
10: SANITARY FOOD PREPARATION AND SAFE FOOD HANDLING
11: COMMERCIALLY PREPARED BABY FOOD
12: HOME-PREPARED BABY FOOD

BIBLIOGRAPHY
RESOURCES ON INFANT NUTRITION, FOOD SAFETY, AND RELATED TOPICS

www.fns.usda.gov/tn/Resources/feeding_infants.html
Please call 397-2984 if you have any questions about infant feeding.