



Infant Meals and Required Records in the CACFP

Document and Reference Library

- Find Infant Feeding on Right Hand Side for Forms
- Also check under Meal Pattern Section for more information



Feeding Infants

A Guide for Use in the Child Nutrition Programs



United States Department of Agriculture
Food and Nutrition Service
FNS-258

Creditable Foods References

1. Is This Infant Meal Reimbursable?
2. Commercially Prepared Infant Foods
3. Creditable & Non-creditable Foods List (meal pattern section)

- All Centers and Day Care Home Providers Are Required to Offer Infant Meals

- Centers and day care homes are allowed to claim infant meals containing parent provided formula*

Definition of Infant in the Child and Adult Care Food Program

- Birth through 11 months
- Up to the day the child has his/her first birthday

Requirements for Feeding Infants

- Iron-fortified infant formula must be offered by each center
- Parent must accept or decline this formula

Infant Formula Offered Form

- A signed form must be on file for each child under 12 months of age.

Infant Formula Offered Form

- Include form with each initial enrollment packet for families with infants.
- Center must list a specific formula on the form.

Required: Iron Fortified Infant Formula

- Current list is found on the DRL
 - ◆ Choose Formulas that do not require medical statement

Breast Milk

- Credited the same as formula
- Chapter 3 of the Feeding Infants Guide provides information on handling breast milk

Infant Feeding

- Parent should discuss with provider when the infant is ready for solid food
- Parent indicates acceptance of the CACFP meal pattern

Iron Fortified Infant Cereal

- Mix with breast milk or formula
- Feed with a spoon; not from a bottle

Vegetables and Fruits

- Introduce fruits and vegetables that the infant is receiving at home

Vegetables and Fruits

- Commercially Prepared
- Center Prepared

Commercially Prepared Vegetables and Fruits

- Must list vegetable or fruit as first ingredient
- Plain vegetables and fruits are preferred

Commercially Prepared Vegetables and Fruits

Must list Vegetable or Fruit as the first ingredient

Not creditable

- Cereals, desserts, puddings listing fruit as the first ingredient
- Fruit or vegetable listing water as the first ingredient
- Fruits containing tapioca
- Fruits/vegetable containing DHA

Center Prepared Fruits and Vegetables

- Make texture appropriate
- Avoid canned vegetables that are high in sodium.
Frozen is best
- Avoid canned or frozen fruits with added sugar

Meat and Meat Alternates

- Lean meat and poultry with appropriate texture

Meat and Meat Alternates

Not creditable:

- Fish Sticks
- Hot dogs/“Baby Food” meat sticks
- Home canned meats
- Combination Dinners

Meat and Meat Alternates

Eggs:

- Egg yolks at 8 months
- Yolk must be hard cooked
- Avoid egg whites until after 1 year

Meat and Meat Alternates

Cheese

- Introduced at 8 months or older
- Regular cheese rather than processed cheese

Meat and Meat Alternates

Dried beans and peas

- Cooked and pureed or mashed

Bread/Crackers

Bread or crackers

- Strips of dry bread, toast, tortillas
- Plain crackers
- Teething biscuits

Foods to Avoid

- Honey: either plain or in foods

Honey is prohibited for infants because it can cause botulism, a serious illness.

- Artificial Sweeteners

Infant Meal Pattern

- Through 3 months the only meal component is breast milk or formula

Reimbursable meals for Birth through 3 months

- Parent provided breast milk
- Parent provided formula
- Center provided formula
- Staff mother breast-feeding during work hours
- Only exception is when visiting mother breastfeeds infant

CACFP Meal Pattern-Birth through 3 months

| Breakfast | Lunch or Supper | Snack |
|--------------------------------------|--------------------------------------|--------------------------------------|
| 4-6 oz. Formula or Breast Milk | 4-6 oz. Formula or Breast Milk | 4-6 oz. Formula or Breast Milk |

Reimbursable meals for 4 through 7 month olds

- Parent provided breast milk
- Center provided formula
- Parent provided formula
- Foods added as infant is ready provided by Center

CACFP Meal Pattern-4 through 7 months

| Breakfast | Lunch or Supper | Snack |
|--------------------------------------|--|--------------------------------------|
| 4-8 oz. Formula or Breast Milk | 4-8 oz. Formula or Breast Milk | 4-6 oz. Formula or Breast Milk |
| 0-3 Tbsp. Infant Cereal | 0-3 Tbsp. Infant Cereal | |
| | 0-3 Tbsp. Fruit and/or Vegetable | |

Reminders

Ages 4-7 months:

- 0-3 T cereal or veg/fruit means that the meal component is optional
- Portion size not listing zero as a measurement indicates the component must be offered.

Reimbursable meals for 8 through 11 month olds

- Center must provide meal components with either breast milk or formula

CACFP Meal Pattern-8 through 11 months

| Breakfast | Lunch or Supper | Snack |
|---|--|--------------------------------------|
| 6-8 oz. Formula or Breast Milk | 6-8 oz. Formula or Breast Milk | 2-4 oz. Formula or Breast Milk |
| 2-4 Tbsp. Infant Cereal | 2-4 Tbsp. Infant Cereal Or 1-4 Tbsp. Meat | Or 2-4 oz. Fruit Juice |
| 1-4 Tbsp. Fruit and/or Vegetable | 1-4 Tbsp. Fruit and/or Vegetable | 0-1/2 bread or 0-2 Crackers |

Reminders

Ages 8-11 months:

- Breakfast--infant cereal is required
- Lunch & Supper--
infant cereal and/or meat/meat
alternate must be served

Reminders

- Full strength (100%) juice is reimbursable only at snack for 8 through 11 month old infants
- Juice should be pasteurized and only served in a cup.

Reimbursement Requirements

- Infant must be enrolled
- Infant Formula Offered form must be completed

Reimbursement Requirements (cont.)

- Infant Meal Record or another State approved form must record intake daily for each infant & kept on file
- Meals counted at point of service

Infant Meal Records

- Weekly Record

One per individual per week

OR

- Daily Record

One per day for multiple infants

Daily Infant Meal Record

- One record per day for all infants in an age group
- List each infant's name and Date of Birth (D.O.B.)
- List amount of food offered at each meal to be claimed
- Count the meals at the bottom of the page

Weekly Meal Record: Individual Infant

- List the infant's name and Date of Birth (D.O.B.)
- List amount of food offered at each meal to be claimed
- Count the meals at the bottom of the page

Reminders

- The amount of formula or breast milk and food offered must be recorded.
- Please note if formula (F) or Breast Milk (B) if offered.

Lunch (8-11month)

| | | |
|--|---------------------------|---|
| Formula or Breast Milk 6-8 oz. | Veg./Fruit 1 – 4 Tbsp. | Infant cereal 2-4 Tbsp. and/or Meat, fish, poultry, egg yolk, cheese 1-4 Tbsp. |
| 7 oz. F | 3 Tbsp. Pears | 2 Tbsp. Turkey |

Lunch (8-11 month)

| | | |
|--|----------------------------|---|
| Formula or Breast Milk 6-8 oz. | Veg./Fruit 1 – 4 Tbsp. | Infant cereal 2-4 Tbsp. and/or Meat, fish, poultry, egg yolk, cheese 1-4 Tbsp. |
| 7 oz. F | 3 Tbsp. Peaches | 3 Tbsp Macaroni and Cheese |

Lunch (8-11 month)

| | | |
|--|---------------------------|---|
| Formula or Breast Milk 6-8 oz. | Veg./Fruit 1 – 4 Tbsp. | Infant cereal 2-4 Tbsp. and/or Meat, fish, poultry, egg yolk, cheese 1-4 Tbsp. |
| 7 oz. F | 3 Tbsp. Peaches | <u>Macaroni</u> <u>and Cheese</u> <u>is not</u> <u>creditable</u> |

A.M. Snack (8-11 Months)

Formula
or
Breast Milk
or
Fruit Juice
2 - 4 oz.

0 – ½
slice bread
or
0 – 2
crackers

4 oz. F

A.M. Snack (8-11 Months)

Formula
or
Breast Milk
or
Fruit Juice
2 - 4 oz.

0 – ½
slice bread
or
0 – 2
crackers

4 oz. B

**(Can be blank
because this
component is
optional)**

Breakfast (8-11 month)

| | | |
|--|----------------------------|---------------------------|
| Formula or Breast Milk 6-8 oz. | Infant cereal 2-4 Tbsp. | Veg./Fruit 1 – 4 Tbsp. |
| 6 oz. F | 2 Tbsp. Cheerios | 2 Tbsp. Bananas |

Breakfast (8-11 month)

| | | |
|--|---|---------------------------|
| Formula or Breast Milk 6-8 oz. | Infant cereal 2-4 Tbsp. | Veg./Fruit 1 – 4 Tbsp. |
| 6 oz. F | <u>Must be iron fortified infant cereal</u> | 4 Tbsp. Bananas |

Question

A parent mixes cereal and formula in a bottle and brings it to the center. Can we claim this as a creditable formula for a meal?

Answer

A parent mixes cereal and formula in a bottle and brings it to the center. Can we claim this as a creditable formula for a meal?

A doctor's statement is needed to claim formula mixed with cereal.

Question

If a parent wants an infant to have more than three meals during the day, who should furnish the formula for the meals that cannot be claimed?

Answer

If a parent wants an infant to have more than three meals during the day, who should furnish the formula for the meals that cannot be claimed?

The parent because the center is not required to provide formula for more than three meals per infant per day.

Question

Is yogurt a creditable food for infants?

Answer

Is yogurt a creditable food for infants?

No. Commercially prepared, plain yogurt can be served as an extra to infants 8 months and older, but it is not creditable as a meat/meat alternate.

Question

Are meals served to a child who just turned one year old reimbursable if they contain infant formula?

Answer

Are meals served to a child who just turned one year old reimbursable if they contain infant formula?

Yes, for a period of one month. After the 13th month, a doctor's statement will be needed for formula to continue in place of fluid milk.

Question

If a physician prescribes whole cow's milk as a substitute for breast milk or formula for an infant under 12 months of age, are meals reimbursable?

Answer

If a physician prescribes whole cow's milk as a substitute for breast milk or formula for an infant under 12 months of age, are meals reimbursable?

Yes, only with a doctor's statement, can the meal pattern can be amended.

Question

Must all infants be fed during the period identified as meal time on the center agreement with NDE?

Answer

Must all infants be fed during the period identified as meal time in the center agreement with NDE?

No, infants should be fed on demand.