

## Guidance on Components for Infants in the NM Child & Adult Care Food Program

<p><i>(0-11 months – all meals)</i></p> <p><b>Iron Fortified Infant Formula or Breastmilk</b></p>	<p>This component can only be met by serving:</p> <ul style="list-style-type: none"> <li>✓ Breast milk or</li> <li>✓ Iron-fortified infant Formula (not low-iron formulas)</li> </ul>
<p><i>(6-11 months – breakfast, lunch, supper or snack)</i></p> <p><b>Iron Fortified Infant Cereal</b></p>	<p>Iron-fortified infant cereals in a box or can:</p> <p>Barley cereal      High protein cereal      Mixed cereal      Oatmeal cereal      Rice cereal</p> <ul style="list-style-type: none"> <li>✓ Jarred “wet” infant cereals or cereal/fruit mixtures are not reimbursable!</li> <li>✓ Cereals designed for older children and adults are not reimbursable – such as Cream of Wheat, Malt o Meal</li> </ul>
<p><i>(6-11 months – breakfast, lunch, supper or snack)</i></p> <p><b>Vegetables and Fruits</b></p>	<ul style="list-style-type: none"> <li>✓ Commercially-prepared vegetable or fruit baby food: <ul style="list-style-type: none"> <li>▪ “Jarred” baby foods, where the first ingredient is a fruit or vegetable and the food item is not a pudding or dessert.</li> <li>▪ Mixtures of more than one fruit or vegetable or some of each is creditable, as long as water is NOT listed first on the ingredient statement.</li> </ul> </li> <li>✓ Home-prepared vegetable or fruit baby food: <ul style="list-style-type: none"> <li>▪ Fruits or vegetables for infants can be fresh, frozen, canned, or jarred. Home-prepared fruits/vegetables should be soft-cooked and strained, mashed, chopped, or diced to meet the texture needs of the infant.</li> </ul> </li> </ul> <p>✓ Mixtures of meats and/or grains with vegetables and/or fruits are NOT creditable.  ✓ Baby food “dinners” are NOT creditable.</p>
<p><i>(6-11 months – breakfast, lunch, supper or snack)</i></p> <p><b>Meat and Meat Alternates</b></p>	<p>This component includes USDA-inspected meats such as lean beef, pork, lamb, veal, chicken, turkey and liver, or boneless fin fish, whole eggs, natural cheese, cottage cheese, and dried beans or peas.</p> <ul style="list-style-type: none"> <li>✓ Commercially-prepared meats made for baby: <ul style="list-style-type: none"> <li>▪ “Jarred” baby foods, containing only plain, strained meat is creditable. <ul style="list-style-type: none"> <li>✓ Mixtures of meats or grains with vegetables and/or fruits are NOT creditable.</li> <li>✓ Baby food “dinners” are NOT creditable.</li> </ul> </li> </ul> </li> <li>✓ Home-prepared meat baby food: <ul style="list-style-type: none"> <li>▪ Meats should be well-cooked and lean, then pureed, strained, mashed, chopped or diced to meet the texture needs of the infant.</li> </ul> </li> </ul> <p>✓ Do not feed shellfish (shrimp, crab, lobster, crawfish, scallops, oysters, or clams) to babies less than one year of age. These types of seafood can cause severe allergic reactions in some babies.</p> <p>✓ Parents may want to limit the amount of tuna fed to their infant to once per week due to the methyl-mercury content. See <a href="http://www.fda.gov">http://www.fda.gov</a> for more information.</p> <p>✓ Fresh water -sport fish caught in New Mexico may not be safe to feed to babies less than one year of age. Visit <a href="http://www.nmenv.state.nm">http://www.nmenv.state.nm</a> or contact the NM Environment Dept. for more information.</p>
<p><i>(6-11 months – only at snack)</i></p> <p><b>Grains/Breads</b></p>	<ul style="list-style-type: none"> <li>✓ Iron Fortified Infant Cereals, or</li> <li>✓ Ready to Eat low-sugar cereal (i.e., Cheerios), or</li> <li>✓ Whole-grain Breads (without nuts, seeds, or hard pieces of whole grain kernels), or</li> <li>✓ Whole-grain Crackers - low in salt, plain snack crackers made without nuts, seeds or hard pieces of whole grain kernels; served in a form to be eaten as a finger foods.</li> </ul>

# Not Creditable Foods for Infants in the New Mexico CACFP

## NOT CREDITABLE FOR INFANTS AT ANY AGE

<p><b>Iron Fortified Formula or Breastmilk</b></p>	<p>Cow's milk of any kind: whole, lowfat, or skim          Evaporated Cow's Milk, or home-prepared cow's milk formula          Goat's Milk          Nonfat Dry Milk          Rice Milk          Soy Milk, usually called <i>soy beverage</i>          Sweetened Condensed Milk          Imitation Milks, including those made from rice, nuts, or non-dairy ingredients</p>
<p><b>Iron Fortified Infant Cereal</b></p>	<p>Cereal and fruit <i>mixtures</i> in a box, can or jar:          (for example: Rice Cereal with Bananas or Infant Oatmeal with Apples)</p> <p>Cereals <i>designed or older children and adults</i>:          (for example: Cream of Wheat, Malt O Meal, Quick Cooking /Rolled Oats, Cream of Rice, etc.)</p>
<p><b>Fruit/Vegetable</b></p>	<p>All <i>fruit desserts</i>, homemade or in a jar / can (for example: Dutch Apple Dessert, Banana Dessert, Vanilla Custard)</p> <p>Fruits in a jar which list water as the first ingredient</p> <p>Vegetables in a jar which list water as the first ingredient</p> <p>Combinations of grains with veggies and /or fruit that is baked or "puffed" and designed to be finger foods for babies.</p> <p>Fruit or vegetable juice</p>
<p><b>Meats/Protein</b></p>	<p>Infant, junior or toddler dinners or combination foods in a jar or can</p> <p>Fish sticks or commercially breaded fish products</p> <p>Fish, canned with bones (such as sardines),</p> <p>Home canned meats</p> <p>Hot dogs; sausages or meat sticks, any type</p> <p>Peanut butter, other nut butters</p> <p>Yogurt with more than 23 grams of sugar per 6 ounce</p> <p>Processed or imitation cheeses, cheese foods, cheese spreads</p>
<p><b>Grains/Breads</b></p>	<p>Hot cereals intended for children or adults, such as Malt-O-Meal or Cream of Wheat</p> <p>Infant cereal puffs</p> <p>Bread or Cracker-type products made for infants that pose a choking risk or are sweetened, such as:</p> <ul style="list-style-type: none"> <li>Bread or crackers of any type that are made with honey</li> <li>Cookies, such as: Animal, Arrowroot, Teething Cookies, Toddler Cookies, etc.</li> <li>Crackers or breads with seeds, nut pieces or whole-grain kernels such as wheat berries</li> <li>Granola bars</li> </ul> <p>Ready-to-eat cereals with more than 6 grams of sugar per dry ounce</p> <p>Snack potato or corn chips, pretzels, or cheese twists</p>

