CACFP Infant Meal Pattern Requirements

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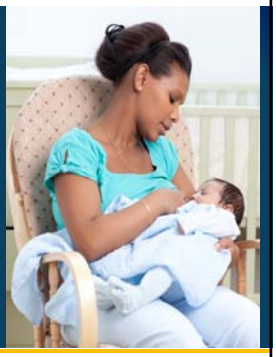
Adapted from materials by the Institute of Child Nutrition, March 2017

Lesson Objectives

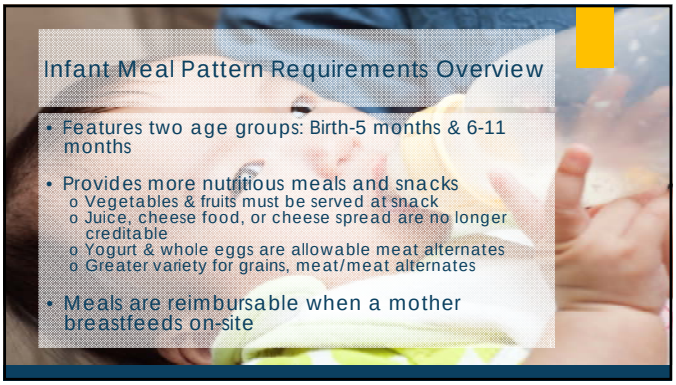
- Summarize at least two advantages for the age groups
- Identify at least two ways that the updated meal patterns support breastfeeding
- State three strategies for supporting developmental readiness
- Explain at least four new requirements for serving solid foods

CACFP Infant Meal Pattern Requirements



NEW Infant Meal Pattern

	Birth to 5 months	6 to 11 months
Breakfast	4-6 fl. oz. Formula[1] or Breast milk[2,3]	6-8 fl. oz. Formula[1] or Breast milk[2,3] **and** 0-4 Tablespoons infant cereal,[1,4,5] meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; 0-4 oz. yogurt[6], or a combination[4] **and** 0-2 Tablespoons fruits or vegetables or both[4]
Lunch or Dinner	4-6 fl. oz. Formula[1] or Breast milk[2,3]	6-8 fl. oz. Formula[1] or Breast milk[2,3] **and** 0-4 Tablespoons infant cereal,[1,4,5] meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; 0-4 oz. yogurt[6], or a combination[4] **and** 0-2 Tablespoons fruits or vegetables or both[4]
Supplement (Snack)	4-6 fl. oz. . Formula[1] or Breast milk[2,3]	2-4 fl. oz. Formula[1] or Breast milk[2,3] **and** 0- ½ slice bread[4,5] or 0-2 crackers[4,5] or 0-4 tablespoons infant cereal[1] or ready to eat cereal [4,5,7] **and** 0-2 Tablespoons fruits or vegetables or both[4]



Infant Meal Pattern Requirements Overview

- Features two age groups: Birth-5 months & 6-11 months
- Provides more nutritious meals and snacks
  - Vegetables & fruits must be served at snack
  - Juice, cheese food, or cheese spread are no longer creditable
  - Yogurt & whole eggs are allowable meat alternates
  - Greater variety for grains, meat/meat alternates
- Meals are reimbursable when a mother breastfeeds on-site

Meal Patterns Previous vs. Updated

Previous Age Groups

Birth-3 months

4-7 months

8-11 months

→

Updated Age Groups

Birth-5 months

6-11 months

What are some advantages to having two age groups?

Encourages Breastfeeding

- Breastmilk is the optimal source of nutrients
- Birth through the end of 5 months
  - Breastmilk (or infant formula) is the only meal component required
  - Minimum serving size is 4-6 oz of breastmilk (or infant formula) – *have this available for all meals, but feed on demand!*

Promotes Developmental Readiness

- Delay the introduction of solid foods until around 6 months
- Most infants are not ready to consume solid foods until midway through the 1st year
- Introducing solid foods too soon increases risk of obesity

World Health Organization

WIC

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Allows More Nutritious Foods

- Foods from all food components may be served around 6 months, when developmentally ready
- Breakfast, Lunch, & Supper
  - o Breastmilk or iron-fortified infant formula
  - o Infant cereal, meat/meat alternates, or a combination of both
  - o Vegetable or fruit, or a combination of both
- Snack
  - o Breastmilk or iron-fortified infant formula
  - o Grains
  - o Vegetable or fruit, or a combination of both

Focuses on Serving Sizes

- **Food components beginning with "zero"**
  - o Recognizes that all infants are not ready for solid foods at 6 months
- By 7 or 8 months, infants should be consuming solid foods from all food groups

Serving Sizes
0-2 oz.
0-4 tbsp.

Focuses on Eating Habits

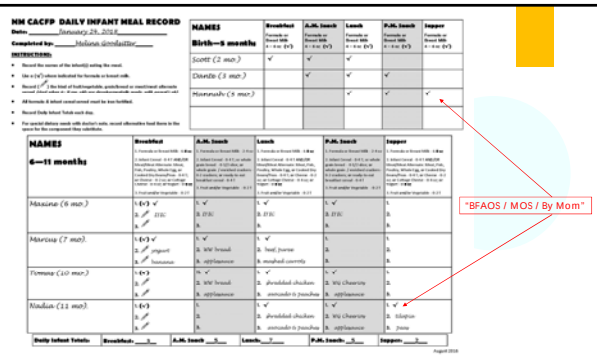
- Recognizes eating habits may change
  - o Some infants may eat certain foods one week/day, but not the next
  - o **Meals & snacks consistent with eating habits should not be disallowed**

Breastmilk & Infants

- Promote breastfeeding by allowing reimbursement when:
  - a parent/guardian supplies expressed milk
    - Milk that is produced and expelled from the breast
  - **a mother breastfeeds her infant on-site**

Documenting On-site Breastfeeding

- **Recording the total amount a mother breastfeeds her infant is not required**
- Suggested ways to document:
  - Breastfed on-site ("BFOS")
  - Mother on-site ("MOS")
  - "By Mom"
- May use existing forms to reduce paperwork



Serving Expressed Milk

- Breastfed infants might not consume the entire serving
- **Reimbursable:**
  - Offer less than the minimum serving size of breastmilk
  - Offer additional breastmilk later, if infant will consume more
- Feed on demand

Iron-Fortified Infant Formula

- Best supplement for breastmilk
- Supports healthy brain development & growth
- **Reimbursable meals may include:**
  - Iron-fortified formula
  - Breastmilk
  - Combination of both

Supplying Formula

- Offer a **minimum of 1 type** of iron-fortified infant formula
- Formula must be regulated by FDA
  - May not credit if purchased outside U.S.

Serving Formula

- Infants may not drink the entire serving of formula
  - Reimbursable as long as the minimum serving size is offered
- Any leftovers should be properly stored in accordance with local health and safety requirements
  - Discard within 1 hour of serving from bottle
  - Avoid mixing in advance
- Feed on demand

Disabilities and Substitutions

- Modifications must be made for infants with disabilities who need accommodations
- A medical statement must be on file to receive reimbursement
  - Explain the need for the modification
  - Provide guidance for the substitution or meal modification

Developmental Readiness

- Introducing solid foods too early:
  - cause choking
  - consume less breastmilk or formula
- Serve solid foods when infants are developmentally ready

American Academy of Pediatrics Developmental Readiness Guidelines

- Sits in chair with good head control
- Opens mouth for food
- Moves food from a spoon into throat
- Doubles in birth weight

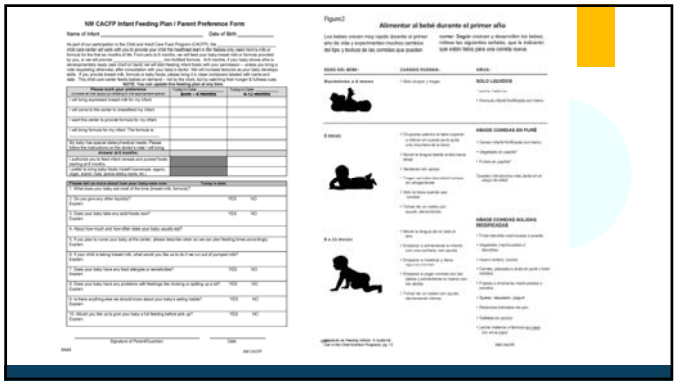
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

Parent Communication

- Working with parents helps to
  - Ensure newly introduced foods are most ideal
  - Be consistent with eating habits
  - Support developmental readiness
- Always consult with parents/guardians first before serving solid foods

Written Parent Statement

- **Best practice:** Request a written statement from parents or guardians:
  - outlining when & which solid foods to serve
- Follows the preferences of parents & guardians



NM CACFP Infant Feeding Plan / Parent Preference Form

Name of Infant _____ Date of Birth _____

Figura2

Alimentar al bebé durante el primer año

Providing Food Components

- **Parents/guardians may provide only one creditable food component for a reimbursable meal**
  - i.e., provide breastmilk/formula = 1 component
- Child care providers must provide all remaining components

Introducing Solid Foods

- Once an infant shows signs of developmental readiness, solid foods should be offered
  - At each meal when the food is called for
  - Document when offered
  - Infants may accept new food one week, and not the next – ***document anyway***
- Gradually introduce solid foods
  - One at a time
  - Over the course of a few days or **1 per week**
- Prepare foods in the right texture and consistency (homemade best!)
- Observe infants closely for reactions after feeding a new food

Vegetables & Fruits

- Great source of essential nutrients
  - i.e., fiber & vitamin C
- Minimum serving size: 0-2 Tbsp.
- Required at all meals & **snacks**
  - Serve vegetable, fruit, or a combination of both
  - Increases consumption & allows for better acceptance later in life

Juice

- Lacks dietary fiber found in other forms of fruits & vegetables
- **No longer credits toward a reimbursable meal for infants**

Meat/Meat Alternates

- Poultry, fish & other meats
- **Yogurt**
- **Cheese**
- **Whole Eggs**
- Dry beans

Yogurt

- Great source of protein
- Minimum serving size: 0-4 oz.
- Maybe served during breakfast, lunch, or supper
- Must contain **no more than 23 grams of total sugars per 6 oz.**
  - Applies to all age groups

Nutrition Facts Label

- Helpful for identifying nutritious, low-sugar foods
  - i.e., Yogurt
- Found on packaged foods
- New Label required by July 2018

Whole Eggs

- AAP found no convincing evidence to delay foods considered major food allergens
- **Whole eggs are now creditable for infant meals**
- Minimum serving size: 0-4 tbsp.

Cheese

- Minimum serving size: 0-2 oz.
- Natural cheese & cottage cheese
- Common examples
  - Shredded or sliced Swiss, Colby, Cheddar, Monterey Jack

Non-Creditable Cheese Foods

Cheese foods & cheese spreads are disallowed for **infant meals** & snacks...

- Product packaging states:
  - "Imitation cheese"
  - "Cheese food"
  - "Cheese product"
- Common items
  - Cheese whips
  - Cheese with pimento
  - Cream cheese

Grains & Infant Cereals

- Iron-fortified infant cereals are often the first solid foods:
  - Often easiest to digest
  - Least likely to cause an allergic reaction
- Serve at meals & snacks when infants are developmentally ready
- Minimum serving size: 0-4 tbsp.

Snack Meals Only

- Breads, crackers, & ready-to-eat breakfast cereals
- Ready-to-eat breakfast cereals: **No more than 6 grams of sugar per dry oz.**

NEW Infant Meal Pattern

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Questions?


Thank you!
• Pam Mitchell Manager (505) 841-4856
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• Teresa Taylor Nutritionist (505) 841-4856
teresa.taylor@state.nm.us
• Laura Spencer Nutritionist (505) 841-4856
laura.spencer2@state.nm.us

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[1] Infant formula and dry infant cereal must be iron-fortified.
[2] Breastmilk or formula, or portions of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months.
[3] For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.
[4] A serving of this component is required when the infant is developmentally ready to accept it.
[5] A serving of this component must be made from whole-grain or enriched meal or flour.
[6] Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
[7] Ready to eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

April 2017

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

(0-11 months – all meals) **Iron Fortified Infant Formula or Breastmilk**	This component can only be met by serving: ✓Breast milk or ✓Iron-fortified infant Formula (not low-iron formulas)
(6-11 months – breakfast, lunch, supper or snack) **Iron Fortified Infant Cereal**	Iron-fortified infant cereals in a box or can: Barley cereal High protein cereal Mixed cereal Oatmeal cereal Rice cereal *✓Jarred "wet" infant cereals or cereal/fruit mixtures are not reimbursable!* *✓Cereals designed for older children and adults are not reimbursable – such as cream of wheat or Malt o Meal*
(6-11 months – breakfast, lunch, supper or snack) **Vegetables and Fruits**	✓Commercially-prepared vegetable or fruit baby food: ▪ "Jarred" baby foods, where the first ingredient is a fruit or vegetable and the food item is not a pudding or dessert. ▪ 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. ✓Home-prepared vegetable or fruit baby food: ▪ 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. *✓Mixtures of meats and/or grains with vegetables and/or fruits are NOT creditable.* *✓Baby food "dinners" are NOT creditable.*
(6-11 months – breakfast, lunch, supper or snack) **Meat and Meat Alternates**	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. ✓Commercially-prepared meats made for baby: ▪ "Jarred" baby foods, containing only plain, strained meat is creditable. *✓Mixtures of meats or grains with vegetables and/or fruits are NOT creditable.* *✓Baby food "dinners" are NOT creditable.* ✓Home-prepared meat baby food: ▪ Meats should be well-cooked and lean, then pureed, strained, mashed, chopped or diced to meet the texture needs of the infant. *✓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.* *✓Parents may want to limit the amount of tuna fed to their infant to once per week due to the methyl-mercury content. See http://www.fda.gov for more information.* *✓Fresh water -sport fish caught in New Mexico may not be safe to feed to babies less than one year of age. Visit http://www.nmenv.state.nm or contact the NM Environment Dept. for more information.*
(8-11 months – only at snack) ***Grains/Breads***	✓ Iron Fortified Infant Cereals, or ✓ Ready to Eat low-sugar cereal (i.e., Cheerios), or ✓ Whole-grain Breads (without nuts, seeds, or hard pieces of whole grain kernels), or ✓ 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.

Not Creditable Foods for Infants in the New Mexico CACFP

NOT CREDITABLE FOR INFANTS AT ANY AGE

Iron Fortified Formula or Breastmilk	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 *soy beverage* Sweetened Condensed Milk Imitation Milks, including those made from rice, nuts, or non-dairy ingredients
Iron Fortified Infant Cereal	Cereal and fruit *mixtures* in a box, can or jar: (for example: Rice Cereal with Bananas or Infant Oatmeal with Apples) Cereals *designed or older children and adults*: (for example: Cream of Wheat, Malt O Meal, Quick Cooking /Rolled Oats, Cream of Rice, etc.)
Fruit/Vegetable	All *fruit desserts*, homemade or in a jar / can (for example: Dutch Apple Dessert, Banana Dessert, Vanilla Custard) Fruits in a jar which list water as the first ingredient Vegetables in a jar which list water as the first ingredient Combinations of grains with veggies and /or fruit that is baked or "puffed" and designed to be finger foods for babies. Fruit or vegetable juice
Meats/Protein	Infant, junior or toddler dinners or combination foods in a jar or can Fish sticks or commercially breaded fish products Fish, canned with bones (such as sardines), Home canned meats Hot dogs; sausages Meat sticks of any type Peanut butter, other nut butters Processed or imitation cheeses, cheese foods 
Grains/Breads	Hot cereals intended for children or adults, such as Malt-O-Meal or Cream of Wheat Bread or Cracker-type products made for infants that pose a choking risk or are sweetened, such as: Bread or crackers of any type that are made with honey Cookies, such as: Animal, Arrowroot, Teething Cookies, or Toddler Cookies Crackers or breads with seeds, nut pieces or whole-grain kernels such as wheat berries Granola bars Snack potato or corn chips, pretzels, or cheese twists

October 2016

NM CACFP DAILY INFANT MEAL RECORD

Date: _____January 24, 2018_____

Completed by: _____Melina Goodsitter_____

INSTRUCTIONS:

- Record the names of the infant(s) eating the meal.
- Use a (✓) where indicated for formula or breast milk.
- Record (✎) the kind of fruit/vegetable, grain/bread or meat/meat alternate served *(start when 6– 11 mo. olds are developmentally ready, with parent's ok).*
- All formula & infant cereal served must be iron fortified.
- Record Daily Infant Totals each day.
- For special dietary needs with doctor's note, record alternative food items in the space for the component they substitute.

NAMES **Birth—5 months**	**Breakfast** Formula or Breast Milk 4 – 6 oz (✓)	**A.M. Snack** Formula or Breast Milk 4 – 6 oz (✓)	**Lunch** Formula or Breast Milk 4 – 6 oz (✓)	**P.M. Snack** Formula or Breast Milk 4 – 6 oz (✓)	**Supper** Formula or Breast Milk 4 – 6 oz (✓)
Scott (2 mo.)	✓	✓	✓		
Dante (3 mo.)		✓	✓	✓	
Hannah (3 mo.)			✓	✓	✓

NAMES **6—11 months**	**Breakfast** 1. Formula or Breast Milk - 6-8 oz 2. Infant Cereal - 0-4 T **AND/OR** Meat/Meat Alternate: Meat, Fish, Poultry, Whole Egg, **or** Cooked Dry Beans/Peas - 0-4 T; **or** Cheese - 0-2 oz; **or** Cottage Cheese - 0-4 oz; **or** Yogurt - 0-4 oz 3. Fruit **and/or** Vegetable - 0-2 T	**A.M. Snack** 1. Formula or Breast Milk - 2-4 oz 2. Infant Cereal - 0-4 T; or whole grain bread - 0-1/2 slice; **or** whole grain / enriched crackers - 0-2 crackers; **or** ready-to-eat breakfast cereal - 0-4 T 3. Fruit **and/or** Vegetable - 0-2 T	**Lunch** 1. Formula or Breast Milk - 6-8 oz 2. Infant Cereal - 0-4 T **AND/OR** Meat/Meat Alternate: Meat, Fish, Poultry, Whole Egg, **or** Cooked Dry Beans/Peas - 0-4 T; **or** Cheese - 0-2 oz; **or** Cottage Cheese - 0-4 oz; **or** Yogurt - 0-4 oz 3. Fruit **and/or** Vegetable - 0-2 T	**P.M. Snack** 1. Formula or Breast Milk - 2-4 oz 2. Infant Cereal - 0-4 T; or whole grain bread - 0-1/2 slice; **or** whole grain / enriched crackers - 0-2 crackers; **or** ready-to-eat breakfast cereal - 0-4 T 3. Fruit **and/or** Vegetable - 0-2 T	**Supper** 1. Formula or Breast Milk - 6-8 oz 2. Infant Cereal - 0-4 T **AND/OR** Meat/Meat Alternate: Meat, Fish, Poultry, Whole Egg, **or** Cooked Dry Beans/Peas - 0-4 T; **or** Cheese - 0-2 oz; **or** Cottage Cheese - 0-4 oz; **or** Yogurt - 0-4 oz 3. Fruit **and/or** Vegetable - 0-2 T
Maxine (6 mo.)	1. (✓) ✓ 2. ✎ IFIC 3. ✎	1. ✓ 2. IFIC 3.	1. ✓ 2. IFIC 3.	1. 2. 3.	1. 2. 3.
Marcus (7 mo).	1. (✓) ✓ 2. ✎ yogurt 3. ✎ banana	1. ✓ 2. WW bread 3. applesauce	1. ✓ 2. beef, puree 3. mashed carrots	1. 2. 3.	1. 2. 3.
Tomas (10 mo.)	1. (✓) 2. ✎ 3. ✎	11. ✓ 2. WW bread 3. applesauce	1. ✓ 2. shredded chicken 3. avocado & peaches	1. ✓ 2. WG Cheerios 3. applesauce	1. 2. 3.
Nadia (11 mo).	1. (✓) 2. ✎ 3. ✎	1. 2. 3.	1. ✓ 2. shredded chicken 3. avocado & peaches	1. ✓ 2. WG Cheerios 3. applesauce	1. ✓ 2. tilapia 3. peas

Daily Infant Totals:	**Breakfast:** ___3__	**A.M. Snack** __5__	**Lunch:**__7___	**P.M. Snack:** __5__	**Supper:** ___2__

NM CACFP DAILY INFANT MEAL RECORD

Date: ____

Completed by: ______________________________________

INSTRUCTIONS:

- Record the names of the infant(s) eating the meal.
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- Record (✏) the kind of fruit/vegetable, grain/bread or meat/meat alternate served (start when 6– 11 mo. olds are developmentally ready, with parent's ok).
- All formula & infant cereal served must be iron fortified.
- Record Daily Infant Totals each day.
- For special dietary needs with doctor's note, record alternative food items in the space for the component they substitute.

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	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐

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	1. (√) ☐ **2.** ✏ **3.** ✏	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**
	1. (√) ☐ **2.** ✏ **3.** ✏	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**
	1. (√) ☐ **2.** ✏ **3.** ✏	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**
	1. (√) ☐ **2.** ✏ **3.** ✏	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**	**1.** ☐ **2.** **3.**

Daily Infant Totals:	**Breakfast:** ________	**A.M. Snack** _______	**Lunch:**________	**P.M. Snack:** ______	**Supper:** ________

NM CACFP Infant Feeding Plan / Parent Preference Form

Name of Infant _____ Date of Birth _____

As part of our participation in the Child and Adult Care Food Program (CACFP), the _____ child care center will work with you to provide your child the healthiest start in life! Babies only need mom's milk or formula for the first six months of life. From zero to 6 months, we will feed your baby breast milk or formula provided by you, or we will provide _____ iron-fortified formula. At 6 months, if your baby shows s/he is developmentally ready (see chart on back) we will start feeding infant foods with your permission -- unless you bring a note requesting otherwise, after consultation with your baby's doctor. We will increase textures as your baby develops skills. If you provide breast milk, formula or baby foods, please bring it in clean containers labeled with name and date. This child care center feeds babies on demand – not by the clock, but by watching their hunger & fullness cues.

NOTE: You can update this feeding plan at any time.

Please mark your preference (choose all that apply by initialing in the appropriate space)	Today's Date: _____ **Birth – 5 months**	Today's Date: _____ **6 – 11 months**
I will bring expressed breast milk for my infant.		
I will come to the center to breastfeed my infant.		
I want the center to provide formula for my infant.		
I will bring formula for my infant. The formula is: _____		
My baby has special dietary/medical needs. Please follow the instructions on the doctor's note I will bring.		
Answer at 6 months:		
I authorize you to feed infant cereals and pureed foods starting at 6 months.		
I prefer to bring baby foods myself (homemade, organic, vegan, kosher, halal, special dietary needs, etc.)		

Please tell us more about how your baby eats now. **Today's date:**		
1. What does your baby eat most of the time (breast milk, formula)?		
2. Do you give any other liquid(s)? Explain:	YES	NO
3. Does your baby take any solid foods now? Explain:	YES	NO
4. About how much and how often does your baby usually eat?		
5. If you plan to nurse your baby at the center, please describe when so we can plan feeding times accordingly: Explain:		
6. If your child is taking breast milk, what would you like us to do if we run out of pumped milk? Explain:		
7. Does your baby have any food allergies or sensitivities? Explain:	YES	NO
8. Does your baby have any problems with feedings like choking or spitting up a lot? Explain:	YES	NO
9. Is there anything else we should know about your baby's eating habits? Explain:	YES	NO
10. Would you like us to give your baby a full feeding before pick up? Explain:	YES	NO

_____ _____

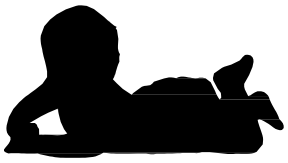
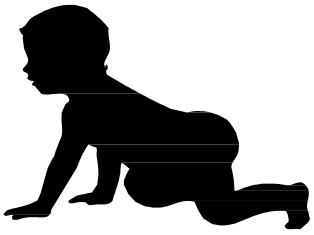
Signature of Parent/Guardian Date

AAdd

Figure2

Feeding the Baby for the First Year

Babies grow quickly during the first year of life and make many changes in the types of foods and textures of foods they are able to eat. As babies grow and develop, watch for the following signs which will tell you when they are ready for a new food.

BABY'S AGE:	WHEN BABIES CAN:	SERVE:
Birth through 6 Months 	• Only suck and swallow	**LIQUIDS ONLY** • Breastmilk • Infant formula with iron
6 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*
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 vegetables • Mashed or whole cooked egg • Strained meat/poultry • Mashed cooked beans or peas • Cheese, cottage cheese, yogurt • Pieces of soft bread • Crackers • Breastmilk or iron-fortified formula in a cup *(no juice)*

Form N-042

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Adapted from *Feeding Infants: A Guide for Use in the Child Nutrition Programs*, p. 13