



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





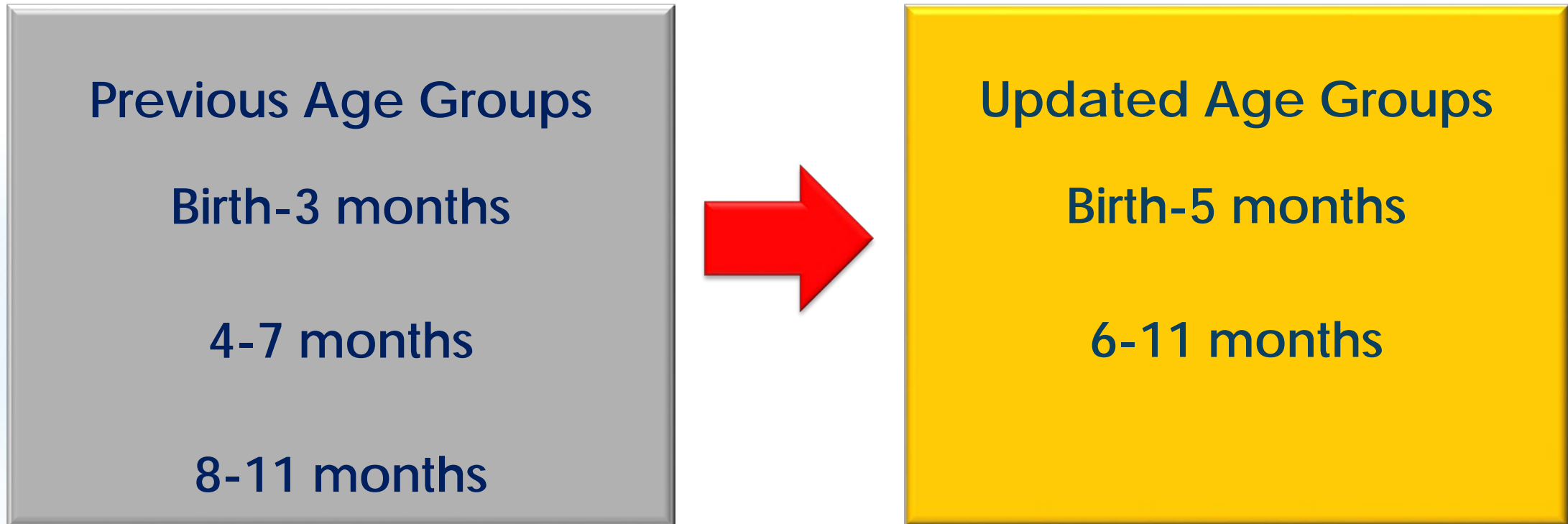
NEW Infant Meal Pattern

	Birth to 5 months	6 to 11 months
<u>Breakfast</u>	4-6 fl. oz. Formula ¹ or Breast milk ^{2,3}	6-8 fl. oz. Formula ¹ or Breast milk ^{2,3} <u>and</u> 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 <u>and</u> 0-2 Tablespoons fruits or vegetables or both ⁴
<u>Lunch or Dinner</u>	4-6 fl. oz. Formula ¹ or Breast milk ^{2,3}	6-8 fl. oz. Formula ¹ or Breast milk ^{2,3} <u>and</u> 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 <u>and</u> 0-2 Tablespoons fruits or vegetables or both ⁴
<u>Supplement (Snack)</u>	4-6 fl. oz. . Formula ¹ or Breast milk ^{2,3}	2-4 fl. oz. Formula ¹ or Breast milk ^{2,3} <u>and</u> 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} <u>and</u> 0-2 Tablespoons fruits or vegetables or both ⁴

Infant Meal Pattern Requirements Overview

- Simpler, yet more flexible
- 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



What are
some
advantages to
having two
age groups?



Something to think about...

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



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Allows More Nutritious Foods

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



Focuses on Serving Sizes

- **Food components beginning with “zero”**
 - 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
 - Some infants may eat certain foods one week/day, but not the next
 - **Meals & snacks consistent with eating habits should not be disallowed**





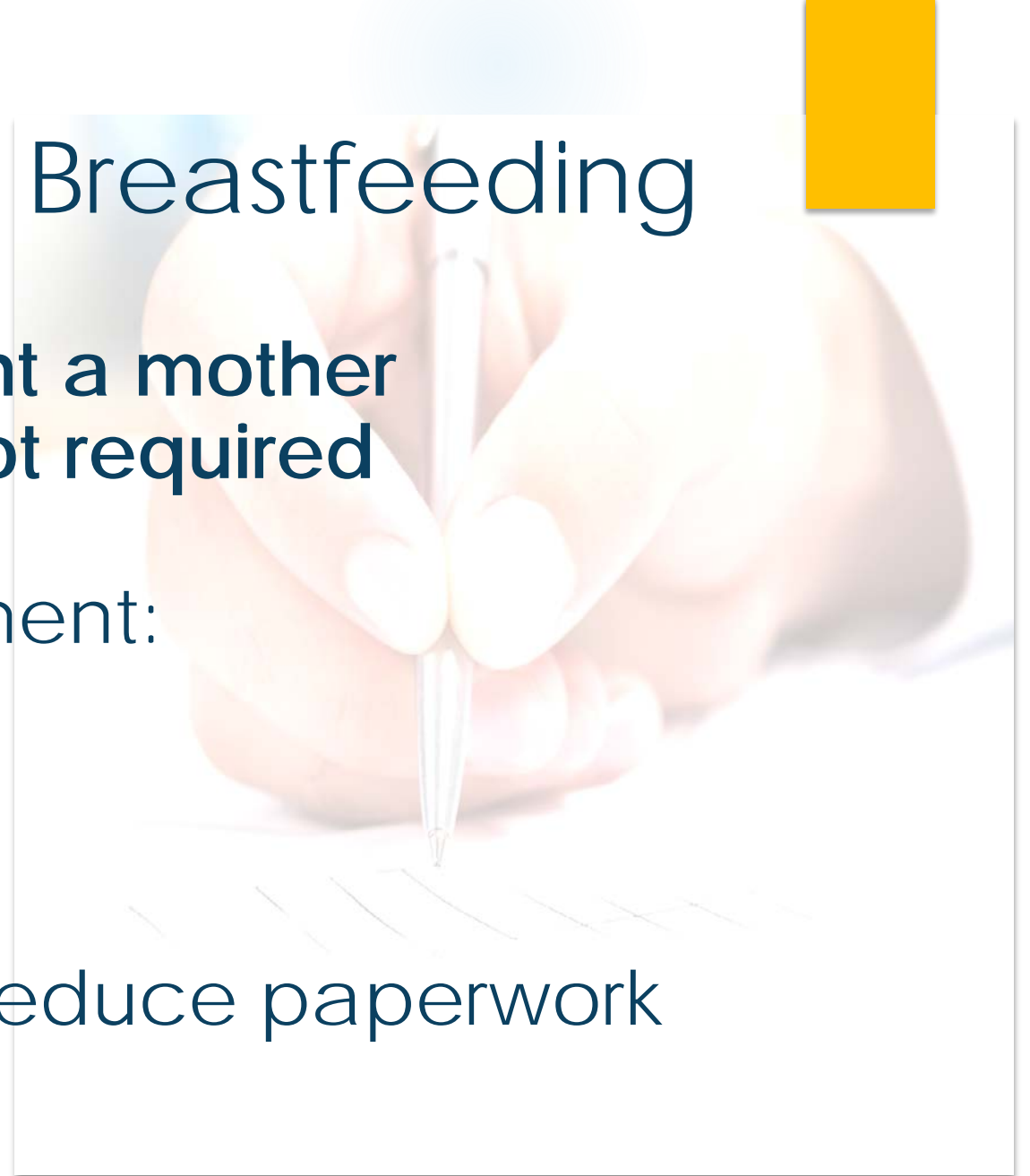
Breastmilk & Infants

- 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



NM CACFP DAILY INFANT MEAL RECORD

Date: January 24, 2018

Completed by: Melina Goodsetter

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

NAMEs	Breakfast	A.M. Snack	Lunch	P.M. Snack	Supper
6—11 months	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 - 0-8 oz 3. Fruit and/or Vegetable - 0-2 T	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	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 - 0-8 oz 3. Fruit and/or Vegetable - 0-2 T	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	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 - 0-8 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. IFIC 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.	1. ✓ 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: <u>3</u>	A.M. Snack <u>5</u>	Lunch: <u>7</u>	P.M. Snack: <u>5</u>	Supper: <u>2</u>
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"BFAOS / MOS / By Mom"

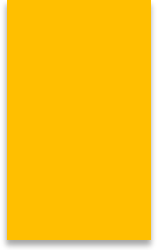
Serving Expressed Milk

- 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



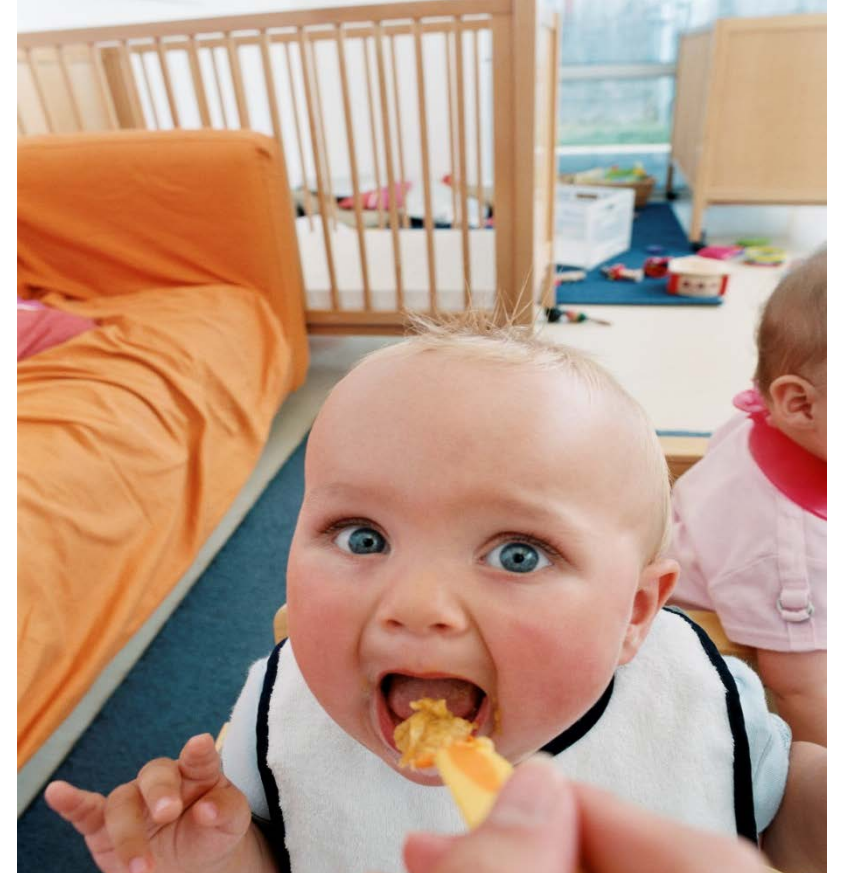
Developmental Readiness

- 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



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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 _____

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 – 6 months	Today's Date: _____ 6-12 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




NM CACFP

Figure2

Alimentar al bebé durante el primer año

Los bebés crecen muy rápido durante el primer año de vida y experimentan muchos cambios del tipo y textura de las comidas que pueden

comer. Según crezcan y desarrollen los bebés, nótese las siguientes señales, que le indicarán que están listos para una comida nueva.

EDAD DEL BEBE:	CUANDO PUEDAN:	SIRVA:
Nacimiento a 6 meses	• Solo chupar y tragar	SOLO LIQUIDOS • Leche materna • Fórmula infantil fortificada con hierro
		
6 meses	<ul style="list-style-type: none"> • Chuparse adentro el labio superior o inferior en cuanto se le quita una chuchara de la boca • Mover la lengua desde arriba hacia abajo • Sentarse con apoyo • Tragar comidas blanditas/molidas sin atragantarse • Abrir la boca cuando vea comida • Tomar de un vasito con ayuda, derramando 	AÑADE COMIDAS EN PURÉ • Cereal infantil fortificada con hierro • Vegetales en papilla* • Frutas en papilla* <i>*pueden introducirse más tarde en el rango de edad</i>
		
8 a 11 meses	<ul style="list-style-type: none"> • Mover la lengua de un lado al otro • Empezar a alimentarse si mismo con una cuchara, con ayuda • Empezar a masticar y tiene algunos dientes • Empezar a coger comida con los dedos y alimentarse si mismo con los dedos • Tomar de un vasito con ayuda, derramando menos 	AÑADE COMIDAS SOLIDAS MODIFICADAS • Fruta blandita machucada o picada • Vegetales machucados o blanditas • Huevo entero, cocido • Carnes, pescado o aves en puré o bien molidos • Frijoles o chicharos machucados o cocidos • Queso, requesón, yogurt • Pedacitos blanditos de pan • Galletas sin azúcar • Leche materna o fórmula <u>en vaso</u> (no sirva jugo)
		

NM Adaptado de Feeding Infants: A Guide for Use in the Child Nutrition Programs, pg. 13

NM CACFP

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

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 12%

Dietary Fiber 4g 16%

Sugars 12g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value may be higher or lower depending on your calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

New Label

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

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Calories **230**

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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.**





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Questions?



Thank you!

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