Requirements for Infant Feeding

The Child and Adult Care Food Program (CACFP) Infant Meal Pattern
CACFP is a federal reimbursement program administered by the United States Department of Agriculture. The CACFP program provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children, and the health and wellness of older adults and chronically impaired disabled persons.
Do CACFP rules apply to me?

Yes.

All licensed child care facilities are required to follow the CACFP meal pattern requirements

**Regardless of whether the parent provides all of the food or the center does, each infant and child in your care must be served meals that meet the CACFP requirements**
If you participate in the CACFP...

YES!

Why?

It’s a matter of civil rights!
• All providers participating in the CACFP must:

  – Purchase and maintain an adequate stock of at least one (1) creditable infant formula
  – Offer the formula(s) to all parents of infants
  – Provide formula for any infant whose parent accepts it
  – Provide formula if a parent forgets to bring formula/breast milk or changes mind
If you do not participate in the CACFP...

No, but...

You should still maintain a stock of formula and food in case what parents provide is insufficient

(And you should consider participating!)
How Does the CACFP Work?
Do I Get Paid for Infant Meals?

- Reimbursement for up to 2 “meals” and 1 “snack” per infant per day
  - Feed on demand
  - Count meal after offering all components
- Reimbursement rate varies by child’s eligibility
- Earn up to $5.66 per infant per day
  - Breakfast, lunch, and snack at highest rate
Do I Get Paid for Infant Meals?

- Meals are reimbursable if parent opts to provide expressed breast milk, breast feed on-site or provide formula

- After infant is ready for solid foods, parents or guardians may only supply one component of a reimbursable meal
Updated CACFP Nutrition Standards

- Meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat
- Encourages Breastfeeding
- Better align the CACFP with WIC and other USDA Child Nutrition Programs
The New Infant Meal Pattern has two age groups

- 0-5 Months
- 6-11 Months

Based on scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and Stakeholder input

Must comply by October 1, 2017
Encourage & Supports Breastfeeding

• Meals are reimbursable when a breastfeeding mother breastfeeds on site
• Only breast milk and infant formula are served to infants 0 through 5 months old
Developmentally Appropriate Meals

• Two age groups
  – 0-5 Months
  – 6-11 Months
• Solid foods are gradually introduced around 6 months of age, as developmentally appropriate
More Nutritious Meals

- Requires a vegetable or fruit, or both, to be served at snack for infants 6-11 months old
- No longer allows juice or cheese spread to be served
- Yogurt and whole eggs are allowable meat alternates
- Allows ready-to-eat cereals at snack time
<table>
<thead>
<tr>
<th></th>
<th>0-5 Months</th>
<th>6-11 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4-6 fl. oz. breastmilk or formula</td>
<td>6-8 fl. oz. breastmilk or formula</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0-4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry</td>
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<tr>
<td></td>
<td></td>
<td>beans or peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or</td>
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<tr>
<td></td>
<td></td>
<td>0-8 oz. yogurt; or a combination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0-2 tbsp. vegetable, fruit or both</td>
</tr>
<tr>
<td><strong>Lunch or Supper</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4-6 fl. oz. breastmilk or formula</td>
<td>6-8 fl. oz. breastmilk or formula</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0-4 tbsp. infant cereal, meat, fish, poultry, whole egg, cooked dry</td>
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<td></td>
<td></td>
<td>0-8 oz. yogurt; or a combination</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0-2 tbsp. vegetable, fruit or both</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>4-6 fl. oz. breastmilk or formula</td>
<td>2-4 fl. oz. breastmilk or formula</td>
</tr>
<tr>
<td></td>
<td></td>
<td>0- ½ bread slice; or 0-2 crackers; or 0-4 tbsp. infant cereal or ready-to-</td>
</tr>
<tr>
<td></td>
<td></td>
<td>eat cereal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>O-2 tbsp. vegetable, fruit or both</td>
</tr>
</tbody>
</table>
Infants 0-5 Months
Infants Ages 0-5 Months

ONLY breast milk or iron-fortified infant formula at every meal (4-6 fl.oz.)

*Or a combination of both

...and only on demand
Breastfeeding Infants

- Promote breastfeeding by allowing reimbursement when a parent/guardian supplies expressed milk or breastfeeds on-site

- Documenting On-Site Breastfeeding
  - Recording the total amount a mother breastfeeds her infants is not required

- Acceptable ways to document
  - Breastfed on-site by meal
  - Mother on-site by meal
Infant Formula Requirements

- Must say “iron-fortified” or “with iron”
- Can be ready-to-feed, concentrate, or powder
- Can be soy or cow’s milk-based
- Can be brand-name or generic / private label
- **Consider what most parents would accept**
Unallowable Formulas

• Specialized formulas (FDA Exempt Formulas) **not** permitted without special approval
  – For premature or underweight infants
  – For infants with allergies or metabolic disorders
  – Follow-up formula
  – Toddler formula
Exception for Specialized Formulas

• Medical Substitution Form or note from care provider
• Signed by licensed physician or other recognized medical authority (e.g. nurse, dietitian)
• Statement must indicate dietary issue, formula to be omitted, and formula that may be substituted
Serving Expressed Breast milk or Formula

- Feed Infants on Demand
  - Avoid strict schedules and force feeding

- A smaller amount of breast milk than the minimum serving size may be served
  - Reimbursable as long as the minimum serving size is offered
  - Any leftovers should be properly stored
Preparing Formula

• Start with clean bottles and nipples
• If concentrated or powdered formula:
  – Mix according to manufacturer’s instructions
  – Use a safe water source
    • Tap water is generally fine
    • Consider using de-ionized, purified, demineralized, or distilled water without fluoride
  – “Nursery water” is not necessary
    • Not an allowable CACFP cost
• Follow manufacturer’s instructions for storing
Preparing Formula

- Warming is optional
  - Room temperature is optimal
  - Use warm water or bottle warmer
  - **Never** in a microwave
  - Test temperature on inside of wrist before feeding
Infants 6-11 Months
Infants Ages 6-11 Months

• Breakfast, Lunch & Supper
  – Breast milk or iron-fortified infant formula
  – Infant cereal, meat/meat alternates or a combination of both
  – Vegetable, fruit, or a combination of both (0-2 tbsp.)

• Snacks
  – Breast milk or iron-fortified infant formula (2-4 oz)
  – Grains (bread, crackers, infant cereal, ready-to-eat breakfast cereal)
  – Vegetable, fruit, or a combination of both (0-2 tbsp)
Vegetables & Fruits

- Minimum serving 0-2tbsp
- Rich in vitamins and minerals
- Increases consumption & allows for better acceptance later in life
Which Fruits and Vegetables?

- Homemade purees
- Jarred/packaged baby food

*Prepare homemade purees without added sugar, salt, or fat*
Which Fruits and Vegetables?

- Start with single-ingredient vegetable or fruit

- Later: fruit and/or vegetable mixes

- Fruits or vegetables mixed with other items (like cereal or meat) are **not** allowable
Juice

• Not creditable towards a reimbursable meal

• Lacks dietary fiber and other nutrients found in fruits and vegetables
Meat and Meat Alternates

- Poultry & other meats
- Yogurt
- Cheese
- Whole Eggs
- Cooked dry Beans/Peas
Yogurt

• 0-4 oz. minimum serving

• Must contain no more than 23 grams of total sugars per 6 oz.

• Great source of protein
**How to Identify the Yogurt Sugar Limit**

**Step 1:** Use the Nutrition Facts Label to find the Serving Size, in ounces (oz.) or grams (g), of the yogurt.

**Step 2:** Find the Sugars line. Look at the number of grams (g) next to Sugars.

**Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the table.

<table>
<thead>
<tr>
<th>Serving Size Ounces (oz.)</th>
<th>Serving Size Grams (g) (Use when the serving size is not listed in ounces)</th>
<th>Sugars Grams (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 oz.</td>
<td>64g</td>
<td>9g</td>
</tr>
<tr>
<td>3.5 oz.</td>
<td>99g</td>
<td>13g</td>
</tr>
<tr>
<td>4 oz.</td>
<td>113g</td>
<td>15g</td>
</tr>
<tr>
<td>5.3 oz</td>
<td>150g</td>
<td>20g</td>
</tr>
<tr>
<td>6 oz.</td>
<td>170g</td>
<td>23g</td>
</tr>
<tr>
<td>8 oz.</td>
<td>227g</td>
<td>31g</td>
</tr>
</tbody>
</table>
• AAP found no convincing evidence to delay major food allergens

• Whole eggs are creditable for infant meals
  – Minimum serving size: 0-4 tbsp.
Cheese

• Cheese and Cottage Cheese
  – Minimum serving size: 0-2 oz

  – Cheese foods & Cheese spreads are not allowable
Identifying Non-Creditable Cheese Foods

• Product packaging states:
  – “Imitation Cheese”
  – “Cheese Food”
  – “Cheese Product”

• Common Items
  – Cheese Whips
  – Cheese with Pimento
  – Cream Cheese
Infant Cereal & Grains

• Iron-Fortified Infant Cereals
  – Minimum serving size: 0-4 tbsp.

• Infant Cereal at Breakfast, Lunch, Supper
  – If not serving, choose meat/meat alternate

• Infant Cereal at Snack
  – If not serving, choose bread, cracker, or ready-to-eat breakfast cereal
What Kind of Infant Cereal?

**Iron-fortified** infant cereal

- First cereals: rice or oat
- Later: wheat or barley
- Then: mixed grain
Which Kind of Infant Cereal?

- May be mixed with breast milk, formula, or water
  - Familiar taste of breast milk or formula may help infant accept new food
  - Again: never feed infant cereal from a bottle
- Infant cereals that contain other ingredients (like fruit or vegetable) are not allowable
  - You may mix infant cereal with pureed fruit or vegetable as developmentally appropriate
Ready-to-Eat Breakfast Cereals

- No more than 6 grams of sugar per dry oz.
- Use WIC Approved Breakfast Cereal
  - WIC approved breakfast cereal must contain no more than 6 grams of sugar per dry oz.
  - Website: [https://www.dcwic.org/(WIC Food List)](https://www.dcwic.org/(WIC Food List))
How to Identify the Cereal Sugar Limit

Step 1: Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal.

Step 2: Find the Sugars line. Look at the number of grams (g) next to Sugars.

Step 3: Use the serving size identified in Step 1 to find the serving size of your cereal in the table.

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the serving size is:</td>
<td>Sugars cannot be more than:</td>
</tr>
<tr>
<td>12-16 grams</td>
<td>3 grams</td>
</tr>
<tr>
<td>26-30 grams</td>
<td>6 grams</td>
</tr>
<tr>
<td>31-35 grams</td>
<td>7 grams</td>
</tr>
<tr>
<td>45-49 grams</td>
<td>10 grams</td>
</tr>
<tr>
<td>55-58 grams</td>
<td>12 grams</td>
</tr>
<tr>
<td>59-63 grams</td>
<td>16 grams</td>
</tr>
</tbody>
</table>
What Do We Mean by “Bread”?

- Whole Grain-Rich, Enriched Meal, or Enriched Flour
  - Whole Grain or Enriched Bread
  - English Muffins
  - Bagels
  - Pita
  - Rolls
  - Biscuits
  - Corn or Wheat Tortillas
What Do We Mean by “Crackers”? 

- Whole Grain-Rich, Enriched Meal, or Enriched Flour
  - Examples
    - Wheat Crackers (Wheat Thins, etc.)
    - Rye Crackers
    - Water Crackers
    - Club Crackers
    - Saltines
    - Melba toasts or Zwieback crackers
    - Teething biscuits
    - Animal Crackers
    - Graham Crackers
No Sweet Grains!

- Sweet Grains are No Longer Allowable in the CACFP
- Examples
  - Sweet Rolls
  - Cookies
  - Granola Bars
  - Toaster Pastry
  - Cake
What Records Do I Have to Keep?

- Infant Formula and Food Notification Form
- Medical Substitution Form when necessary
- Infant Menu and/or individual feeding records
- Receipts for food, formula, and other CACFP related purchases
- Income Eligibility Statement, attendance, and point-of-service meal counts
- Serving yogurt? Maintain a copy of nutrition label to show sugar content
Infant Formula and Food Notification Form

The Child and Adult Care Food Program

Infant Formula and Food Notification Form

Infant’s Name: ___________________________________________ DOB: ____________________

Child Care Provider: ________________________________________

To: Parents/Guardians of infants, birth through 11 months old

Your child’s care provider participates in the Child and Adult Care Food Program (CACFP). The CACFP is administered by the District of Columbia Office of the State Superintendent of Education and is funded by the United States Department of Agriculture (USDA). The CACFP subsidizes the cost of the healthy meals prepared and served to your infant while in care. Your provider follows the USDA Meal Pattern Requirements for Infants (see below), as age- and developmentally-appropriate for your baby.

As a participant in the CACFP, your provider must offer formula and meals to all enrolled infants and children to relieve parents of the obligation to provide meals for their infants and children while they are in the provider’s care.

USDA Meal Pattern Requirements For Infants

<table>
<thead>
<tr>
<th>Age</th>
<th>Breakfast</th>
<th>Lunch or Supper</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 - 5 months</td>
<td>4-6 fluid ounces formula or breast milk</td>
<td>4-6 fluid ounces formula or breast milk</td>
<td>4-6 fluid ounces formula or breast milk</td>
</tr>
<tr>
<td>6 - 11 months</td>
<td>6-8 fluid ounces formula or breast milk AND 0-2 Tbsp fruit or vegetable or both AND 0-4 Tbsp iron fortified infant cereal, meat, fish, poultry, egg yolk, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz or 1 cup of yogurt, or a combination of the above</td>
<td>2-4 fluid ounces formula or breast milk AND 0-2 Tbsp fruit or vegetable or both AND ½ slice bread; or 0-2 crackers; or 0-4 Tbsp infant cereal or ready-to-eat breakfast cereal</td>
<td></td>
</tr>
</tbody>
</table>
**PARENT FORMULA REQUEST**
USDA supports and encourages mothers to continue breastfeeding when returning to work or school. You have the option to breastfeed your infant at the center, bring your own formula or breast milk, or use the provider-supplied formula. The provider offers the formula listed below.

Name of provider-supplied formula: ____________________________________________

Do you accept or decline the formula supplied by your provider? *(Circle one)*

ACCEPT    DECLINE

If you DECLINE, list the brand of formula you will provide, or breast milk, or identify is you will breastfeed on site: ________________________________

**PARENT FOOD REQUEST**
When your infant is 6 months and/or developmentally ready to eat solid foods, do you accept or decline the provider-supplied food?

*(Circle one)*

ACCEPT all foods    DECLINE all foods

Signature of Parent or Guardian: _____________________________________________ Date: _______________________

Printed Name of Parent or Guardian: ________________________________________
• A written document
• Can include in parent handbook
• Outlines center’s policies regarding food for infants/children
• Must be updated to include the new CACFP Meal Pattern Requirements effective October 1, 2017
Q&A

OSSE
Thank you!