

Requirements for Infant Feeding



The Child and Adult Care Food Program
(CACFP) Infant Meal Pattern



What Is CACFP?

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.



**Child and Adult Care
Food Program**



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****



Do I Have to Buy Formula & Food?

If you participate in the CACFP...

YES!

Why?

It's a matter of civil rights!



Providers Participating in CACFP

- 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



Do I Have to Buy Infant Formula & Food?

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





Updated Infant Meal Pattern

- 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





CACFP Infant Meal Pattern

CACFP Infant Meal Pattern		
	0-5 Months	6-11 Months
Breakfast	4-6 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula 0-4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-8 oz. yogurt; or a combination 0-2 tbsp. vegetable, fruit or both
Lunch or Supper	4-6 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula 0-4 tbsp. infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-8 oz. yogurt; or a combination 0-2 tbsp. vegetable, fruit or both
Snack	4-6 fl. oz. breastmilk or formula	2-4 fl. oz. breastmilk or formula 0- ½ bread slice; or 0-2 crackers; or 0-4 tbsp. infant cereal or ready-to-eat cereal 0-2 tbsp. vegetable, fruit or both



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

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 400mg	1%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

Serving Size Ounces (oz.)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz.	64g	9g
3.5 oz.	99g	13g
4 oz.	113g	15g
5.3 oz	150g	20g
6 oz.	170g	23g
8 oz.	227g	31g



Whole Eggs

- 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





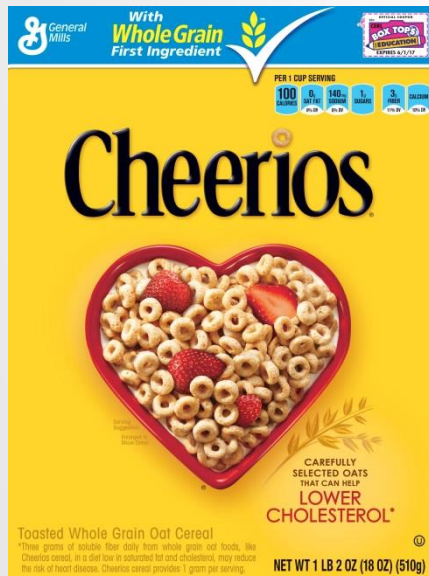
Which Kind of Infant Cereal?

- 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%20Food%20List))





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

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	16 grams

Nutrition Facts	
Serving Size ¾ cup (30g)	
Servings Per Container about 15	
Amount Per Serving	Cereal
Calories 100	100
Calories from Fat 5	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	

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

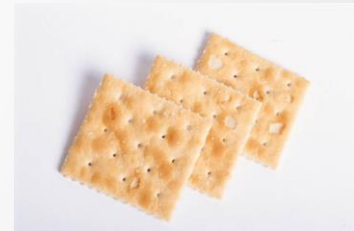


What Do We Mean by “Crackers”?

- 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 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 administrated 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			
Age	Breakfast	Lunch or Supper	Snack
0 - 5 months	4-6 fluid ounces formula <i>or</i> breast milk		4-6 fluid ounces formula <i>or</i> breast milk
6 - 11 months	6-8 fluid ounces formula <i>or</i> breast milk AND 0-2 Tbsp fruit <i>or</i> vegetable <i>or</i> both AND 0-4 Tbsp iron fortified infant cereal, meat, fish, poultry, egg yolk, cooked dry beans or peas; <i>or</i> 0-2 oz cheese; <i>or</i> 0-4 oz (volume) cottage cheese; <i>or</i> 0-8 oz or 1 cup of yogurt, or a combination of the above		2-4 fluid ounces formula <i>or</i> breast milk AND 0-2 Tbsp fruit <i>or</i> vegetable <i>or</i> both AND ½ slice bread; <i>or</i> 0-2 crackers; <i>or</i> 0-4 Tbsp infant cereal or ready-to-eat breakfast cereal



Infant Formula Notification Form

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: _____



Infant Feeding Policy

- 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



| Thank you!