



# The Planning Council



## **INFANT FEEDING REQUIREMENTS USDA's - CACFP**



# INFANT FEEDING REQUIREMENTS

As a Family Child Care Provider (FCC provider) who participates in the Child & Adult Care Food Program you are required by USDA - CACFP regulations to feed the infants you enroll in your care. It's a matter of "Civil Rights" (see the "BUILDING FOR THE FUTURE" flyer – *USDA is an Equal opportunity provider and employer, as a participant in the CACFP you must supply meals to all children in your care, regardless of age, race, color, sex, handicap, or national origin.*)

You must also enroll all infants into the CACFP even if the parent refuses the formula and supplemental foods you offer. The FCC provider must always offer the infant a complete, developmentally appropriate meal. A separate daily dated infant menu that meets individual needs shall be kept for each infant in care.

## **HOUSE FORMULA**

When a FCC provider is licensed for and enrolls an infant under one year of age, the provider must make available at least one "iron-fortified" infant formula which meets program requirements. Formula may be in approved liquid or powder form and cannot be expired.

## **FORMULA WAIVER**

A parent may decline the infant formula offered by the provider and elect to supply their own formula and/or breastmilk. Parents however must sign a formula waiver to verify that the FCC -provider offered the formula/meal services. **(REFER TO THE TPC/CACFP ENROLLMENT FORM(S) FOR THE WAIVER)**

## **PARENT PROVIDED FORMULA**

Providers may claim reimbursement for meals containing parent provided formula or breastmilk as the only meal component until the child is deemed "developmentally ready". [*Developmental readiness is determined by the child's pediatrician and parent.*] (*See Meal Pattern Requirements for Infant for the list of "Optional" Meal Components*)

A Statement for Special Diet/Diet Prescription form should be on file if the parent requests the caregiver to serve infant formula beyond 13 months. A transition time of 1 month is allowed (from the date the infant turns 12 months to the date the infant turns 13 months).

## **BREASTMILK**

### ***BREASTFED BABIES WELCOME HERE***

- If a FCC provider bottle feeds infant breast milk that has been previously expressed by the mother and put into the bottle and labeled with the infants name and date the milk was expressed; the meal **is reimbursable**. *\*Breastmilk needs to be stored and handled safely to keep it from spoiling. Follow the specific health and safety regulations that are required by your State and local authorities for safe food handling.*
- If the mother of the enrolled infant comes into the FCC home and breastfeeds her infant, the meal **is not** reimbursable. **EFFECTIVE – OCTOBER 2017, these meals will be reimbursable to the provider.**
- If an FCC provider breastfeeds her own infant, [*PROVIDING THE INFANT'S MEAL IS ELIGIBLE FOR REIMBURSEMENT – REFER TO MBA AND PROVIDER ELIGIBILITY APPROVAL LETTER*] the meal **is** reimbursable.
- A medical statement is **not** required to continue feeding infants breastmilk after the age of thirteen (13) months. Continue to serve babies their mother's milk as long as the mother is able and wishes to provide it. Breastmilk is a substitute for cow's milk in the meal pattern for children.

## **ADDITIONAL MEAL COMPONENTS**

When the infant becomes “developmentally ready” for solid foods and they are introduced gradually and as developmentally appropriate, providers **must** purchase and offer the required additional meal components for the meal to be reimbursable.

If the parent refuses the provider’s additional meal components and wishes to supply his/her infant with the additional meal components, the meal is **not reimbursable**. (REFER TO THE TPC/CACFP ENROLLMENT FORM(S) FOR THE INFANT FOODS WAIVER).

### **EXAMPLE:**

Provider has an infant receiving breastmilk and at the child’s *six (6) month* check-up, the child’s health care provider and parent/guardian determine the child is ready for “cereal and/or a fruit or vegetable component at the lunchtime feeding”. The provider **must** supply the cereal and fruit or vegetable to be reimbursed for the meal.

\***NOTE:** Mixed Cereals, Mixed Infant Dinners, Gerber Puffs (and other brand of “Rice” Puffs) and Infant Deserts are not creditable. (*Example:* Oatmeal & Banana Cereal, Mixed Dinners, Gerber Graduates, any jarred food labeled “*desert*”).

### **Effective October 1, 2017 - USDA Guidelines:-**

- Requires a vegetable or fruit, or both to be served at a snack for infants 6 months through 11 months old;
- No longer allows juice or cheese food or cheese spread to be served; and
- Allows ready to eat cereals.
- Allows yogurt to be served to 6 – 11 months old

**NOTE:** A “Special Diet” Form must be completed by the child’s parent/guardian and health care provider if the infant’s diet must deviate from the required meal pattern or a parent supplies a particular item for a child’s meal due to **medical reasons**, the meal may still be claimed if the provider supplies at least one other required meal component(s).

## **USDA GUIDE TO INFANT FEEDING**

FCC providers may view the Feeding Infants – A Guide for Use in the Child Nutrition Programs on-line using the link shown below or contacting their TPC Field Monitor for a copy if they are unable to access the internet. This guide is available at:

<https://www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program>

**This institution is an equal opportunity provider.**

**CHILD AND ADULT CARE FOOD PROGRAM**

**MEAL PATTERN REQUIREMENTS: INFANTS BIRTH TO 12 MONTHS**

MEAL	Birth – 5 Months	6 – 12 Months
<b>BREAKFAST, LUNCH OR SUPPER--3 COMPONENTS</b>		
1) Breast Milk or Infant Formula <b>and</b>	4 - 6 fluid oz.	6 - 8 fluid oz.
2) Infant Cereal <b>or</b> Meat, poultry, egg, fish, cooked dry peas or beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt or a combination of the above <b>and</b>		0 - 4 Tbsp.
		0 - 4 Tbsp.
		0 - 2 oz.
		0 - 4 oz. (volume)
		0 - 8 oz.
3) Fruit or vegetable or a combination of both		0 - 4 Tbsp.
<b>SNACK--3 COMPONENTS</b>		
1) Breast Milk or Infant Formula <b>and</b>	4 - 6 fluid oz.	2 - 4 fluid oz.
2) Infant Cereal <b>or</b> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal <b>and</b>		0 - 4 Tbsp.
		0 - ½ slice
		0 - 2 pieces
		0 - 4 Tbsp.
3) Vegetable or fruit or a combination of both		0 - 2 Tbsp.

- Only offer solid foods to infants if they are developmentally ready.
- Infant formula and dry infant cereal must be iron-fortified. The formula must be intended as the sole source of food for normal, healthy infants, and must be served in the liquid state at the manufacturer's recommended dilution.
- Breast milk 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.
- 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.
- Fruit or vegetable juices may *not* be substituted for the fruit or vegetable requirement.
- Bread or crackers must be made from whole-grain or enriched meal or flour.
- Cereals must contain no more than 6 grams of sugar per dry ounce--see list of creditable cereals.
- Nuts, seeds or nut butters are not allowed as a meat alternate.
- Yogurt may contain no more than 15 grams sugar per 4 oz. serving; 23 grams sugar per 6 oz. serving; or 30 grams sugar per 8 oz. serving.

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**Child and Adult Care Food Program  
Infant Menu Planner – Birth to 12 Months**

Center/Provider Name: \_\_\_\_\_

Week of: \_\_\_\_\_

**Please note: Babies should be fed when they are hungry and not restricted to a rigid schedule.**

Meal Pattern	Minimum Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
	0-5 mo.	6-12 mo.*					
<b>BREAKFAST—3 COMPONENTS</b>							
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.					
Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.					
	None	0-4 Tbsp.					
	None	0-2 oz.					
	None	0-4 oz. (volume)					
	None	0-8 oz.					
Vegetable and/or fruit**	None	0-2 Tbsp.					
<b>SNACK—3 COMPONENTS</b>							
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.					
Iron fortified infant cereal <b>or</b> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.					
	None	0 - 1/2 slice					
	None	0-2					
	None	0-4 Tbsp.					
Vegetable and/or fruit**	None	0-2 Tbsp.					
<b>LUNCH—3 COMPONENTS</b>							
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.					
Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.					
	None	0-4 Tbsp.					
	None	0-2 oz.					
	None	0-4 oz. (volume)					
	None	0-8 oz.					
Vegetable and/or fruit**	None	0-2 Tbsp.					

\* Solid food components are required only when the infant is developmentally ready to accept them.

\*\*Juices may **not** be served in place of fruit/vegetable requirement



Child and Adult Care Food Program

**Sample Infant Menu**

**Please note: Babies should be fed when they are hungry and not restricted to a rigid schedule.**

Meal Pattern	Minimum Requirements		Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula
Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby rice cereal	Baby oatmeal	Cottage cheese	Scrambled Eggs	Yogurt
	None	0-4 Tbsp.					
	None	0-2 oz.					
	None	0-4 oz (volume)					
	None	0-4 oz.					
Vegetable and/or fruit**	None	0-2 Tbsp.	Applesauce	Mashed banana	Pears - Mashed	Avocado-Mashed	Peaches-Mashed
<b>SNACK—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
Breast milk or iron-fortified formula	4-6 oz.	2-4 oz.	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula
Iron fortified infant cereal <b>or</b> Bread <b>or</b> Crackers <b>or</b> Ready-to-eat breakfast cereal	None	0-4 Tbsp.	Crackers	Cheerios	Teething biscuit	Baby cereal	Toast strips
	None	0 - 1/2 slice					
	None	0-2					
	None	0-4 Tbsp.					
Vegetable and/or fruit**	None	0-2 Tbsp.	Peaches-Diced/Mashed	Mashed sweet potato	Applesauce	Mashed Plums	Mashed banana
<b>LUNCH—3 COMPONENTS</b>	<b>0-5 mo.</b>	<b>6-12 mo.*</b>					
Breast milk or iron-fortified formula	4-6 oz.	6-8 oz.	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula	Breast milk or House formula
Iron fortified infant cereal <b>or</b> Meat/poultry/egg/fish/cooked dry peas/beans <b>or</b> Cheese <b>or</b> Cottage cheese <b>or</b> Yogurt	None	0-4 Tbsp.	Baby chicken	Eggs	Infant cereal	Yogurt	Cottage Cheese
	None	0-4 Tbsp.					
	None	0-2 oz.					
	None	0-4 oz (volume)					
	None	0-4 oz.					
Vegetable and/or fruit**	None	0-2 Tbsp.	Mashed Butternut Squash	Mashed Carrots	Mashed Broccoli	Mashed Green Beans	Chopped Spinach

\* Solid food components are required only when the infant is developmentally ready to accept them.

\*\*Juices may **not** be served in place of fruit/vegetable requirement.

Commercially prepared baby combination baby food may be used, please see [USDA's Crediting Store Bought Combination Baby Foods Flyer](#) and consult with your TPC Field Monitor if you have questions.