

**INFANT MEAL
PATTERN REQUIREMENTS**



NS
NUTRITION
SERVICES

FY20 Infant Monthly Training



Agenda

- Reimbursement & Meal pattern
- Breastmilk & Infant formula
- Developmental Readiness for Solids
- Infant Production Records

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Infants

- CACFP defines infants as birth through 11 months
- Infants must be offered meals, including centers who do not claim infant meals for reimbursement
- Infants are fed on demand

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Reimbursement Requirements

- Infants must be enrolled in CACFP
- Infant Formula Selection and Solid Readiness form must be completed
- Claim as "Paid" unless current IEF determined "Free" or "Reduced" is on file
- Infant meal record must be completed for each infant
- Point of service meal count sheets (blue & white) must be completed

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Providing Food Components

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

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Breastmilk or Formula



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IMPORTANT - Supervised Situations

- Breastmilk or formula, or portions of both, must be served; however it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the maximum amount of breastmilk per feeding, a serving of less than the maximum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
- Infant formula and dry infant cereal must be iron-fortified.
- Beginning October 12, 2019, source equivalents are used to determine the quantity of creditable grams.
- Weight must contain no more than 22 grams of total sugars per 6 ounces.
- A serving of this component is required when the infant is developmentally ready to accept it.
- Fruit and/or vegetable juice must not be served.
- A serving of grains must be whole grain-rich, enriched cereal, or enriched flour.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).



Breastmilk/Formula for Infants

- Breast milk is optimal source of nutrients
- Birth through the end of 5 months
 - Breastmilk or infant formula is the only meal component required until developmentally Ready for Solids
 - Minimum serving size is 4-6 oz.





USDA Resources

Breastfed Babies Welcome Here!





<https://www.fns.usda.gov/tn/breastfed-babies-welcome-here>

Available in Spanish! Handout

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Serving Expressed Breastmilk

- **Reimbursable:**
 - OK to offer less than the minimum serving size of breastmilk
 - Offer additional breastmilk later, if infant will consume more



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Breastmilk Storage Guidelines

Breastmilk Storage: Guidelines for Child Care Facilities vs. Home Storage

Breastmilk is the preferred food for infants in the child care setting. There is a range for safe handling and storage guidelines, because breastmilk is a living food with immune-boosting and probiotic properties. The 2013 Nebraska Child Care Licensing Regulations for child care facilities have established stricter guidelines than home milk storage guidelines. This information sheet aims to help providers and parents follow both home and child care milk storage guidelines to meet the needs of their breastfed infants.

Breastmilk Storage at Child Care Facilities		
	Refrigerator	Freezer
Unfrozen (Fresh) Milk	Up to 48 hours	—
Frozen Milk	—	Up to 3 months

Breastmilk Storage Guidelines at Home		
	Refrigerator	Freezer*
Freshly Expressed Milk	24 hours (optimal) 5-8 days (under very clean conditions)	6 months (optimal) 12 months (acceptable)
Thawed Milk (Previously Frozen)	Use within 24 hours after thaw	Do not refreeze

* Freezer compartment of refrigerator with separate doors or a deep freeze.



Handout 

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Iron-Fortified Infant Formula

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

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Supplying Formula



- All Sponsors must offer at least **1 type** of iron- fortified infant formula
- All Infant formula must be regulated by FDA
 - Does not credit if purchased outside U.S.

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Iron Fortified Infant Formula



Must have 1 mg of iron per 100 calories of formula & prepared according to directions

NUTRIENTS per 100 Calories (8 fl. oz.)					
PROTEIN	g	2.1	WATER	g	133
FAE	g	0.3	NUCLEIC ACID	mg	333
CARBOHYDRATE	g	11.2			
VITAMINS					
A	IU	300	NAFOL	mg	1000
B1	mg	16	FOLEIC ACID-FOLIC ACID	mg	30
B2	mg	2	PANTOTHENIC ACID	mg	300
B6	mg	9	Biotin	mg	2
THIAMIN (B1)	mg	85	C-ARABINIC ACID	mg	32
RIBOFLAVIN (B2)	mg	140	CHOLENE	mg	24
B12	mg	80	ROBIFOL	mg	8
B12	mg	0.3			
MINERALS					
CALCIUM	mg	78	COPPER	mg	75
PHOSPHORUS	mg	42	COBALT	mg	10
PHOSPHORUS	mg	8	IODINE	mg	2.8
IRON	mg	1.0	ZINC	mg	17
IRON	mg	1.0	IRON	mg	100

Must specify "with iron" or "iron-fortified"

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Developmental Readiness

- Each infant's eating habits are unique and will change over time as they develop
- Introduction of solid foods is determined by the parent/guardian



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Parent Communication



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

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Documenting Developmental Readiness

- Request a written statement from parents or guardians:
 - outlining when & which solid foods to serve (NDE Form)
- Follows the preferences of parents or guardians and document conversations (e.g. notebook for each child)
- Licensing requirement



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Breakfast, Lunch & Supper - Solid Foods

- 0-4 Tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; **or**
- 0-2 ounces of cheese; **or**
- 0-4 ounces (volume) cottage cheese; **or**
- 0-4 ounces or 1/2 cup of yogurt; **or** combination of the above;

AND

- 0-2 Tablespoons vegetable, fruit or a combination of both

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Grains & Infant Cereals

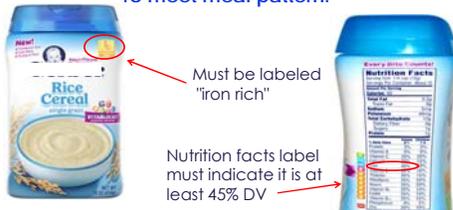
- Iron-fortified infant cereals are often the first solid foods:
 - Often easiest to digest
 - Least likely to cause an allergic reaction
 - Added source Iron
- Serve at meals & snacks when infants are developmentally ready
- Minimum serving size: 0-4 Tbsp.

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Iron Fortified Infant Cereal

To meet meal pattern:



Note: Commercially prepared infant cereals (in a jar), regular or instant oatmeal, and cereals containing fruit are not creditable for infants.

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Vegetables & Fruits

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

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Commercially Prepared Vegetables & Fruits

Creditable: first ingredient listed must be fruit/vegetable; should not contain added sugar or salt



Not Creditable: Hawaiian Delight, Peach Cobbler, pudding, cereal or fruit mixed cereal, water as the first ingredient

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Center Prepared Vegetables & Fruits

- Cooked and processed to the appropriate texture
- No added fat, salt or sugar
- Canned or frozen - no added salt or sugar



*Note: Progress from puree to ground to fork mashed, and eventually to diced as baby's skills develop.

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Vegetables & Fruits

Warning - Choking hazards:

- Raw vegetables
- Hard raw fruits i.e. apple, pear...
- Whole pieces canned fruit
- Cooked or raw whole corn kernels
- Whole grapes, cherries, grape tomatoes
(cut into small pieces for older infants)
- Uncooked dried fruit



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Juice

- Lacks dietary fiber found in other forms of fruits & vegetables
- **Not creditable component toward a reimbursable meal for infants**



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Meat/Meat Alternates

- Serve at breakfast, lunch, and supper
- Minimum serving sizes:
 - 0-4 Tbsp.** Meat, fish, poultry, whole egg, cooked dry beans or peas
 - 0-2 oz.** Cheese
 - 0-4 oz.** Yogurt or cottage cheese (½ cup)

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Meats

- Beef, pork, lamb, veal, fish, chicken or turkey
- Commercially prepared
- Center prepared - well-cooked and pureed, mashed, or finely diced
- Single ingredient foods until baby is developmentally ready



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Meat Alternates

- Natural Cheese - Cheddar, Swiss, Colby, & Monterey Jack
- Cottage cheese
- Yogurt
- Whole Eggs
- Dry beans or peas



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Non-Creditable Cheese Foods

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



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Yogurt - Sugar Limit

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

Try It Out!

Sugar Limits by container size

Write down selected options

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Snack – Solid Foods

- 0-1/2 Slice of bread; or
- 0-2 crackers; or
- 0-4 Tablespoons infant cereal or ready-to-eat breakfast cereal

AND

- 0-2 Tablespoons vegetable, fruit or a combination of both

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Snack Meals Only

- Bread, crackers, waffle, pancakes, muffins
- Ready-to-eat breakfast cereals:
 - No more than 6 grams of sugar per dry oz..
 - Try It Out! Chart tool

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Meal Eligibility

- Only claim 2 meals & 1 Snack OR 2 Snacks & 1 meal per child per day
- Point-of-service meal counts and production records **MUST** match



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Test your Knowledge

Q: A father brings organic pureed carrots for his 6-month-old baby to have at **lunch**. As the child care provider, what food do you need to offer (supply) for the meal to be reimbursable?

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Test your Knowledge

Q: A mother breastfeeds her baby before she brings him to child care. He is asleep when he arrives and stays asleep until 10:30 a.m. You did not have a chance to offer him breakfast since he was asleep. What do you do in order to claim a reimbursement of the breakfast meal?

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Test your Knowledge

Name a sign when a infant is developmentally ready for solid foods?

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Test your Knowledge

You may serve store bought or centered prepared baby foods. Name an ingredient that should not be added when the center is preparing?

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Test your Knowledge

If a parent provides breast milk or formula, what must the center provide to claim a reimbursable meal?

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Test your Knowledge

Infant formula and infant cereal must be _____ fortified?

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Questions?

Contact NDE
800-731-2233

Pick up your training certificate.



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