

# Child and Adult Care Food Program (CACFP)

- Infant meals must be offered by all centers participating in the CACFP.

# Definition of Infant

- Birth through  
11 months

# Requirements for Feeding Infants

- One type of iron-fortified infant formula must be offered by each center
- Parent/guardian accepts or declines formula

# Obligation to Serve Infants in the CACFP Form

- Formerly Obligation to Offer  
Infant Formula Form
- A signed form must be on file  
for each child under 1 year old.

# Obligation to Serve Infants in the CACFP Form

- Completed during enrollment.
- Center must list a specific formula.
- Form must be signed and dated by the parent/guardian.

# Infant Meal Pattern

- Through 3 months the only meal component is breast milk or iron-fortified infant formula

## Through 3 Months

- 4-6 ounces of breast milk or iron-fortified infant formula is offered at each meal
- Infant meal times may vary from center meal times

# Breast Milk

- Credited the same as center provided formula for 0-3 month old infants. If the mother breast feeds the infant on-site, the meal is not reimbursable.
- *What's in A Meal?* and *Feeding Infants* provide information on handling breast milk.



# Formula

- A list of creditable iron-fortified formulas are available via internet
- If parent chooses to provide the formula, it must be a creditable formula in order for the meals to be claimed.

# Introducing Solid Foods

- Begin with foods that have been introduced by the parents
- Begin only one new food per week

# Introducing Solid Foods

- Introduce a small amount: 1-2 teaspoons
- Observe closely for reactions

First Food:

Iron Fortified Infant Cereal

- Rice is least likely to cause an allergic reaction
- Measure dry cereal before mixing

# Iron Fortified Infant Cereal

- Mix with breast milk or formula
- Feed with a spoon; not from a bottle

# Iron Fortified Infant Cereal

- Oat and barley infant cereals are next
- Wheat cereal should be delayed until 8 months

# Iron Fortified Infant Cereal

Not creditable:

- Cereal in jars
- Regular breakfast cereals (hot or cold)

# Vegetables and Fruits

- Introduce fruits and vegetables that the infant is receiving at home



# Vegetables and Fruits

- Commercially Prepared

- Center Prepared

# Commercially Prepared Vegetables and Fruits

- Must list vegetable or fruit as first ingredient
- Plain vegetables and fruits are preferred

# Commercially Prepared Vegetables and Fruits

Not creditable

- Cereals, desserts, puddings listing fruit as the first ingredient
- Fruit or vegetable listing water as the first ingredient
- Fruits containing tapioca

# Center Prepared Fruits and Vegetables

- Texture must be appropriate; usually cooked
- Avoid canned vegetables that are high in sodium
- Avoid canned or frozen fruits with added sugar

# Center Prepared Fruits and Vegetables

Avoid vegetables high in nitrates until 6 months:

Beets, carrots, collard green, spinach, turnips

# Center Prepared Fruits and Vegetables

Choking dangers:

- Raw vegetables
- Corn kernels
- Hard fruits: apples, etc.
- Whole fruits: grapes, etc.
- Uncooked dried fruits

# Meat and Meat Alternates

- Introduce meats that the infant is receiving at home
- Lean meat and poultry

# Meat and Meat Alternates

Avoid:

- Peanut butter, seeds, nuts
- Fish and shell fish
- Processed meats: hot dogs, cold cuts, etc.



# Meat and Meat Alternates

Not creditable:

- Fish Sticks
- Hot dogs
- “Baby Food” meat sticks
- Home canned meats
- Combination Dinners

# Meat and Meat Alternates

## Eggs:

- Egg yolks at 8 months
- Yolk must be hard cooked
- Avoid egg whites until after 1 year

# Meat and Meat Alternates

## Cheese

- Introduced at 8 months or older
- Regular cheese rather than processed cheese

# Meat and Meat Alternates

Dried beans and dried peas

- Cooked and pureed or mashed
- Canned or frozen peas are considered a vegetable

# Grains/Breads

## Bread or crackers

- Strips of dry bread, toast, soft tortillas
- Plain crackers
- Teething biscuits

## Grains/Breads

- Check labels for whole-grain or enriched meal or flour

# Grains/Breads

Avoid:

Snacks such as pretzels or chips

Cookies or granola bars

Crackers with seeds, nuts, etc.

Whole kernels, such as rice.

# Foods to Avoid

## Sweeteners and Sweetened Foods:

- “Baby Food” Desserts
- Cakes, cookies, candy
- Chocolate
- Added sugar, syrup, etc.



## Foods to Avoid

- Honey: either plain or in foods  
Honey is prohibited for infants
- Artificial Sweeteners

# Infant Meal Records

- Weekly Record

One per individual per week

OR

- Daily Record

One per day for multiple infants

# Daily Infant Meal Record

- One record per day for all infants in age group
- List each infant's name and Date of Birth (D.O.B.)
- List amount of food offered at each meal to be claimed

# Weekly Meal Record: Individual Infant

- List the infant's name and Date of Birth
- List amount of food offered at each meal to be claimed

# Reminders

- The amount of formula or breast milk offered must be recorded.
- Please note if formula (F) or Breast Milk (B) if offered.

# Reminders

- Meal pattern must be met to claim meal
- Foods offered must be recorded to claim meal

# Reminders

Ages 4-7 months:

0-3 T cereal or veg/fruit means that the meal component is required when the infant is developmentally ready.

# Reminders

Ages 8-11 months:

- Breakfast--infant cereal is required
- Lunch & Supper--  
cereal and/or meat/meat  
alternate must be served



## Reminders

- Full strength (100%) juice is reimbursable only at snack for 8 through 11 month old infants

# Reimbursable meals for Birth through 3 months

- Parent provided breast milk
- Parent provided formula
- Center provided formula
- Only exception is when mother is present to breastfeed.

# Reimbursable meals for 4 through 7 month olds

- Parent provided breast milk
- Center provided formula
- Parent provided formula
- Foods added as appropriate provided by Center

# Reimbursable meals for 8 through 11 month olds

- Center must provide meal components with either breast milk or formula

# Reimbursement Requirements

- Infant must be enrolled
- Obligation to Serve Infants in the CACFP Form must be completed
- Claim as paid unless Application for Free and Reduced-Price Meals is on file
- Meals must be counted at point of service

# Questions?

■ Call 800-537-1142 OR

■ 317-232-0850

■ Website:

<http://www.doe.state.in.us/food>

This presentation was developed by the Nebraska Department of Education, Nutrition Services, and was edited by the CACFP staff, Division of School and Community Nutrition Programs, Indiana Department of Education. It reflects procedures and policies applicable to Indiana CACFP participants.