



Feeding Infants in the CACFP

Objectives

1. Know the baseline infant meal requirements

2. Understand the infant meal pattern

3. Identify creditable foods

4. Know how to correctly claim infant meals

Infant Meal Requirements



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Infant Meal Requirements

All agencies must...

1. Offer Iron Fortified Infant Formula,
2. Offer additional foods (IFIC and table foods)

Regardless of if infant meals will be claimed.



Child and Adult Care Food Program (CACFP)

Infant Menu

As a program in the CACFP, we must offer to supply all meal components of the [Infant Meal Pattern](#).

We will supply the following items to your infant while in our care:

- One type of iron-fortified infant formula
- Iron-fortified infant cereal
- Baby foods and/or table foods in the appropriate textures for your infant

Parents/Guardians may choose to accept our offered formula and/or foods or provide your own.

Our program will provide the following formula and infant foods:

Formula Offered:



Parents/Guardians: You may choose to accept our offered formula or provide a different iron-fortified formula of your choice, expressed breast milk or breastfeed your baby on-site.

Iron-Fortified Infant Cereal Offered:



Check one or more boxes as it applies to your program

- Rice Barley
 Wheat Oat

Foods Offered:



Check one or more boxes as it applies to your program

- Store-bought baby foods
 Fruits and vegetables
 Meats
 Homemade baby foods (i.e. pureed whole foods)
 Table foods (i.e. foods from the regular menu)
 Grains (crackers, ready-to-eat cereal, bread)

This institution is an equal opportunity provider.



CACFP Infant Meal Pattern

The CACFP infant meal pattern encourages delaying the introduction of solid food until the infant is 6 months. However, the age when solid foods are introduced will depend on the infant. Infants develop at different rates - some infants are ready to consume solid foods before 6 months of age while others are ready after 6 months.

Food amounts listed in the meal pattern begin with zero (0) because not all infants are developmentally ready to eat solid foods at a certain age. It does not mean serving the food is optional. Once an infant is developmentally ready to eat foods, including infants younger than 6 months, programs are required to offer them to the infant.

Breakfast / Lunch / Supper

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both
	↓ and when developmentally ready ↓ <i>(One or more items from the following)</i>
	0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC)*; OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas); OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese or yogurt AND 0-2 tablespoons vegetable, fruit, or a combination of both (no juice)

*Grain items (i.e., bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper in the infant meal pattern. They cannot be served in place of IFIC.

Snack

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both
	↓ and when developmentally ready ↓ <i>(One or more items from the following)</i>
	0-½ oz eq bread/bread-like items**; OR 0-¼ oz eq crackers; OR 0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-¼ oz eq ready-to-eat breakfast cereal AND 0-2 tablespoons vegetable, fruit, or a combination of both (no juice)

**Bread-like items: biscuit, bun, roll, muffin, English muffin, pancake, pita bread, soft tortilla, waffle
See next page for the Infant Grains Chart and serving size amounts.

Additional Requirements

- Breastfed infants who consume less than the minimum required amount of breastmilk per feeding may be served less than the minimum with additional breastmilk offered later if the infant will consume more.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Grains served at snack must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce.

Understand the Infant Meal Pattern



2 Understand the Infant Meal Pattern



Promote Breastfeeding



A mother may breastfeed her infant on-site



A staff member can breastfeed her enrolled infant on-site



Staff can serve expressed milk

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Infant Meal Pattern

Two age groups

Developmental readiness

Food components beginning with “zero”

Transitioning to Whole Milk

Using Ounce Equivalents for Grains



CACFP Infant Meal Pattern

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Breakfast / Lunch / Supper

Birth through 5 months	6 through 11 months
	6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both
	and when developmentally ready (One or more items from the following)
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC)*; OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas); OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese or yogurt AND 0-2 tablespoons vegetable, fruit, or a combination of both (no juice)
*Grain items (i.e., bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper in the infant meal pattern. They cannot be served in place of IFIC.	

Snack

Birth through 5 months	6 through 11 months
	2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both
	and when developmentally ready (One or more items from the following)
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	0-½ oz eq bread/bread-like items**; OR 0- ½ oz eq crackers; OR 0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0- ½ oz eq ready-to-eat breakfast cereal AND 0-2 tablespoons vegetable, fruit, or a combination of both (no juice)
**Bread-like items: biscuit, bun, roll, muffin, English muffin, pancake, pita bread, soft tortilla, waffle See next page for the Infant Grains Chart and serving size amounts.	

Additional Requirements



- Breastfed infants who consume less than the minimum required amount of breastmilk per feeding may be served less than the minimum with additional breastmilk offered later if the infant will consume more.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Grains served at snack must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce.





CACFP Infant Meal Pattern

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Food amounts listed in the meal pattern begin with zero (0) because not all infants are developmentally ready to eat solid foods at a certain age. It does not mean serving the food is optional. Once an infant is developmentally ready to eat foods, including infants younger than 6 months, programs are required to offer them to the infant.

Breakfast / Lunch / Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both
	<p style="text-align: center;">  and when developmentally ready <i>(One or more items from the following)</i>  </p> <p>0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC)*; OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas); OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese or yogurt</p> <p style="text-align: center;">AND</p> <p>0-2 tablespoons vegetable, fruit, or a combination of both <i>(no juice)</i></p>

**Grain items (i.e., bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper in the infant meal pattern. They cannot be served in place of IFIC.*

	<p>0-2 fluid ounces (volume) of cottage cheese or yogurt AND 0-2 tablespoons vegetable, fruit, or a combination of both (<i>no juice</i>)</p>
<p><i>*Grain items (i.e., bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch, and supper in the infant meal pattern. They cannot be served in place of IFIC.</i></p>	
<h2>Snack</h2>	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both
	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> and when developmentally ready <i>(One or more items from the following)</i> </div> <div style="text-align: center;">  </div> </div>
	0-½ oz eq bread/bread-like items**; OR 0-¼ oz eq crackers; OR 0-½ oz eq (0-4 tablespoons) iron fortified infant cereal (IFIC); OR 0-¼ oz eq ready-to-eat breakfast cereal AND 0-2 tablespoons vegetable, fruit, or a combination of both (<i>no juice</i>)
<p>**Bread-like items: biscuit, bun, roll, muffin, English muffin, pancake, pita bread, soft tortilla, waffle See next page for the Infant Grains Chart and serving size amounts.</p>	

Additional Requirements

- Breastfed infants who consume less than the minimum required amount of breastmilk per feeding may be served less than the minimum with additional breastmilk offered later if the infant will consume more.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Grains served at snack must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce.

Identify Creditable Foods



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Infant Formula

Must be iron fortified ✓

Regulated by the FDA ✓

Made in the U.S. ✓



3

Infant Formula

Must be iron fortified ✓

Regulated by the FDA ✓

Made in the U.S. ✓

Guidance Memo 12: Meal Requirements for Infants
Crediting Infant Foods Tab –
List of Exempt Formulas

Low Iron ✗

Serving formula to infants >13 months ✗

Serving after the 'use by' date ✗

Not FDA approved (exceptions apply) ✗

Imported formulas (exceptions apply) ✗

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Developmental Readiness

Pureed Foods

- Store-bought
- Homemade

Semi-Solid Foods

- Softened
- Mashed

Table Foods

- Appropriate textures and sizes
- Finger foods

As Infant Becomes Developmentally Ready



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Foods for Infants Resource


Guidance Memo 12: Meal Requirements for Infants Crediting Infant Foods Tab – *Foods for Infants*



Foods for Infants

This is a list of common creditable and not creditable foods for the infant meal pattern. For questions about food(s) not on this list, contact your assigned consultant.

Infant Cereal

Creditable	Not Creditable (do not serve)
<ul style="list-style-type: none"> ✓ Iron-fortified (rice, wheat, barley, oat, multigrain) Single grain and multiple-grains 	<ul style="list-style-type: none"> × Not iron-fortified × Dry cereal, containing fruit (ex. banana, apple) × Jarred "wet" infant cereals × Infant cereal served in a bottle × Cereals for older children and adults (ready-to-eat cereal, enriched farina, regular oatmeal, and corn grits) are not a creditable substitute for infant cereal

Store-bought Fruits and Vegetables (Baby Food)

Creditable	Not Creditable (do not serve)
<ul style="list-style-type: none"> ✓ Single fruit or vegetable (ex. peas) with a fruit or vegetable as the first ingredient ✓ Multiple fruits and/or vegetables (ex. squash banana) with a fruit or vegetable as the first ingredient <div style="border: 1px solid black; padding: 2px; width: fit-content;"> <p>INGREDIENTS: PEARS, ZUCCHINI, CORN, WATER, VITAMIN C (ASCORBIC ACID).</p> </div>	<ul style="list-style-type: none"> × Water is first ingredient × Jarred cereal, desserts, or puddings with fruit, including those that list fruit as the first ingredient × Infant combination dinners, entrees, or meals with multiple component ingredients (ex. roasted vegetable chicken dinner or lasagna dinner) unless the product's label includes volume information that credits one or more food components

Store-bought Meat & Meat Alternates (Baby Food)

Creditable	Not Creditable (do not serve)
<ul style="list-style-type: none"> ✓ Meat or poultry is first ingredient ✓ Gravy and broth are ok <div style="border: 1px solid black; padding: 2px; width: fit-content;"> <p>INGREDIENTS: GROUND TURKEY, WATER, CORNSTARCH</p> </div>	<ul style="list-style-type: none"> × Infant combination dinners, entrees, or meals with multiple component ingredients (ex. turkey rice dinner or chicken noodle dinner) unless the product's label includes volume information that credits one or more food components

Foods for Infants Resource



Foods for Infants

This is a list of common creditable and not creditable foods for the infant meal pattern.
For questions about food(s) not on this list, contact your assigned consultant.

Infant Cereal

Creditable

- ✓ Iron-fortified (rice, wheat, barley, oat, multigrain)
Single grain and multiple-grains



Not Creditable (do not serve)

- × Not iron-fortified
- × Dry cereal, containing fruit (ex. banana, apple)
- × Jarred "wet" infant cereals
- × Infant cereal served in a bottle
- × Cereals for older children and adults (ready-to-eat cereal, enriched farina, regular oatmeal, and corn grits) are not a creditable substitute for infant cereal

Store-bought Fruits and Vegetables (Baby Food)

Creditable

- ✓ Single fruit or vegetable (ex. peas) with a fruit or vegetable as the first ingredient

Not Creditable (do not serve)

- × Water is first ingredient
- × Jarred cereal, desserts, or puddings with fruit, including those

3

Foods for Infants Resource



Enriched farina, regular oatmeal, and corn grits) are not a creditable substitute for infant cereal

Store-bought Fruits and Vegetables (Baby Food)

Creditable

- ✓ Single fruit or vegetable (ex. peas) with a fruit or vegetable as the first ingredient
- ✓ Multiple fruits and/or vegetables (ex. squash banana) with a fruit or vegetable as the first ingredient

INGREDIENTS: PEARS, ZUCCHINI, CORN, WATER, VITAMIN C (ASCORBIC ACID).

Not Creditable (do not serve)

- × Water is first ingredient
- × Jarred cereal, desserts, or puddings with fruit, including those that list fruit as the first ingredient
- × Infant combination dinners, entrees, or meals with multiple component ingredients (ex. roasted vegetable chicken dinner or lasagna dinner) unless the product's label includes volume information that credits one or more food components

Store-bought Meat & Meat Alternates (Baby Food)

Creditable

- ✓ Meat or poultry is first ingredient
- ✓ Gravy and broth are ok

INGREDIENTS: GROUND TURKEY, WATER, CORNSTARCH

Not Creditable (do not serve)

- × Infant combination dinners, entrees, or meals with multiple component ingredients (ex. turkey rice dinner or chicken noodle dinner) unless the product's label includes volume information that credits one or more food components

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Other Non-creditable Infant Foods

GBD and
Desserts

Juice and
Fruit/Vegetable
Blends

Honey

Milk

Peanut Butter
and Nuts

Cheese Food or
Spread

Correctly Claim Infant Meals

4

4

Correctly Claim Infant Meals

In order to claim meals and snacks served to infants:

**Foods must be
creditable**

**Meet meal
pattern
requirements**

**Record on one of the
Infant Meal Forms**

**All components
offered consistent
with
infant's schedule**

**Program must
supply all but 1
component**


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Infant Meal Form

Two Infant Meal Forms

GM 12: Meal Requirements Infants, Infant Meal Record Keeping Tab – Infant Meal Form (Spanish)

Do not complete of not claiming infant meals



CACFP Infant Meal Form

Each month complete a new form for each infant
Not required for infants whose meals/snacks will not be claimed

Month/Year: _____

Infant's Full Name: _____ Birthdate: _____ Age: ____ months

1. Complete Meal Components Chart

- At the beginning of each month, mark the *Parent Supplied* or *Program Supplied* column only for the meal component(s) the infant is **currently** eating
- In the *Start Date* column record the date only when the infant starts eating a new component or changes are made during the month (e.g. infant switches from breastmilk to program-supplied formula)

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

*Breast milk and formula are 1 component. If breast milk is served, mark who supplies formula if used to supplement. **Baby foods and/or table foods in the appropriate texture

2. Complete Meal Count Chart

RECORD a MEAL/SNACK WHEN program supplies all components or all but one component (parent/guardian may supply one component).

Put an 'X' or ✓ in the *Meal Count Chart* for that meal/snack at the time the meal/snack is served or immediately after.

- Meals/snacks that contain only breast milk and/or formula can be marked regardless of who supplies the item (program or parent)
- When an infant is eating two or more components, the program must supply all components or all but one component in order to record the meal/snack in the chart. This applies to all ages, including an infant who starts solid foods before 6 months

DO NOT RECORD a MEAL OR SNACK WHEN the parent/guardian supplies two or more components.

DO NOT put an 'X' or ✓ in the *Meal Count Chart*

- Ex: Program supplies infant cereal, parent supplies formula and fruit
- Ex: Parent supplies formula and all foods

3. Total Infant Meals: At the end of the month, total each column and include numbers with total meal counts submitted on the monthly claim. **Keep this form on file to support the monthly claim.**

Requirement: Programs must offer to supply at least one type of iron-fortified infant formula and all foods to each enrolled infant. Parents/guardians cannot be required to provide infant formula or foods.

Meal Count Chart			
Date	Breakfast	Lunch	Snack
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
TOTAL			

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Infant Meal Form



CACFP Infant Meal Form

Month/Year: _____

Each month complete a new form for each infant

Not required for infants whose meals/snacks will not be claimed

Infant's Full Name: _____ Birthdate: _____ Age: _____ months

1. Complete Meal Components Chart

- At the beginning of each month, mark the *Parent Supplied* or *Program Supplied* column only for the meal component(s) the infant is **currently** eating
- In the *Start Date* column record the date only when the infant starts eating a new component or changes are made during the month (e.g. infant switches from breastmilk to program-supplied formula)

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

4

Infant Meal Form

Baby foods and/or table foods of the appropriate texture

2. Complete Meal Count Chart



RECORD a MEAL/SNACK WHEN program supplies all components or all but one component (parent/guardian may supply one component).

Put an 'X' or ✓ in the *Meal Count Chart* for that meal/snack at the time the meal/snack is served or immediately after.

- Meals/snacks that contain only breast milk and/or formula can be marked regardless of who supplies the item (program or parent)
- When an infant is eating two or more components, the program must supply all components or all but one component in order to record the meal/snack in the chart. This applies to all ages, including an infant who starts solid foods before 6 months



DO NOT RECORD a MEAL OR SNACK WHEN the parent/guardian

Meal Count Chart

Date	Breakfast	Lunch	Snack
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			

4

Infant Meal Form

for infant who starts solid foods before 6 months



DO NOT RECORD a MEAL OR SNACK WHEN the parent/guardian supplies two or more components.

DO NOT put an 'X' or ✓ in the *Meal Count Chart*

- Ex: Program supplies infant cereal, parent supplies formula and fruit
- Ex: Parent supplies formula and all foods

3. Total Infant Meals: At the end of the month, total each column and include numbers with total meal counts submitted on the monthly claim. **Keep this form on file to support the monthly claim.**

Requirement: Programs must offer to supply at least one type of iron-fortified infant formula and all foods to each enrolled infant. Parents/guardians cannot be required to provide infant formula or foods.

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13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
TOTAL			

Activity



Infant Meals Activity

Read each scenario. Complete the Meal Components Chart and circle the meals and/or snacks that can be claimed.

1. 3-month-old infant is served formula provided by the center.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

What meals can be claimed?

Breakfast Snack(s)
Lunch/Supper None

2. 6-month-old infant is served breast milk and is supplemented with family provided formula.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

What meals can be claimed?

Breakfast Snack(s)
Lunch/Supper None

3. 6-month-old infant is served breast milk and pureed fruit provided by the family.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

What meals can be claimed?

Breakfast Snack(s)
Lunch/Supper None



5-10 minutes

Activity

1. 3-month-old infant is served formula provided by the center.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*		✓	XXX
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

What meals can be claimed?

Breakfast

Snack(s)

Lunch/Supper

None

Activity

2. 6-month-old infant is served breast milk and is supplemented with family provided formula.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*	✓		
Infant Formula*	✓		XXX
Iron-Fortified Infant Cereal			
Fruits/Vegetables**			
Meats/Meat Alternates**			
Grains			

What meals can be claimed?

Breakfast

Snack(s)

Lunch/Supper

None

Activity

3. 6-month-old infant is served breast milk and pureed fruit provided by the family.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*	✓		
Infant Formula*			
Iron-Fortified Infant Cereal			
Fruits/Vegetables**	✓		XXX
Meats/Meat Alternates**			
Grains			

What meals can be claimed?

Breakfast

Snack(s)

Lunch/Supper

None

Activity

4. 8-month-old infant is served breast milk and program-provided iron fortified infant cereal and store-bought fruits and vegetables.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*	✓		
Infant Formula*			
Iron-Fortified Infant Cereal		✓	XXX
Fruits/Vegetables**		✓	XXX
Meats/Meat Alternates**			
Grains			

What meals can be claimed?

Breakfast

Snack(s)

Lunch/Supper

None

Activity

5. 11-month-old infant is served program-provided formula. The infant is served family-provided meat/meat alternates, and fruits and vegetables at breakfast and lunch. The infant is served program-provided grains at snack.

Meal Components	Parent Supplied	Program Supplied	Start Date
Breast Milk*			
Infant Formula*		✓	XXX
Iron-Fortified Infant Cereal			
Fruits/Vegetables**	✓		XXX
Meats/Meat Alternates**	✓		XXX
Grains		✓	XXX

What meals can be claimed?

Breakfast **Snack(s)**

Lunch/Supper None

Thank you!

This institution is an equal opportunity provider.