INFANT MEAL PATTERN REQUIREMENTS FY2023 NUTRITION SERVICES

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Agenda

- •CACFP General Requirements
- •Breastmilk & Infant Formula
- •Solid Foods & Developmental Readiness
- •Infant CACFP Records

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CACFP Enrollment "Reduced" **⊗** NEBRASKA

CACFP General Requirements

CACFP defines infants as birth through 11 months

Each infant must have a current & complete:

- Income Eligibility Form determined by center official on file to be claimed as "Free" or

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CACFP General Requirements

Providing Food Components

- All Centers must offer and provide:
 - One formula to parents
 - Meals to infants

This includes centers who do not claim infant meals for reimbursement.

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

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CACFP General Requirements

Meal Eligibility

Allowed to claim:

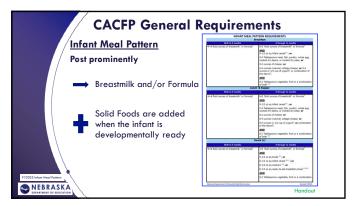
2 meals & 1 snack per infant per day

OR

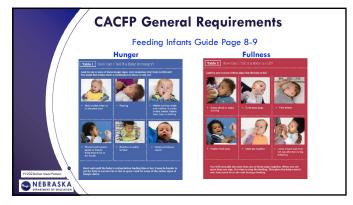
2 snacks & 1 meal per infant per day

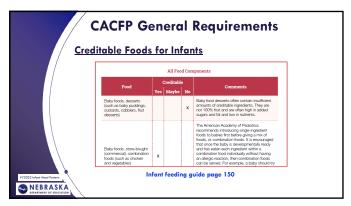








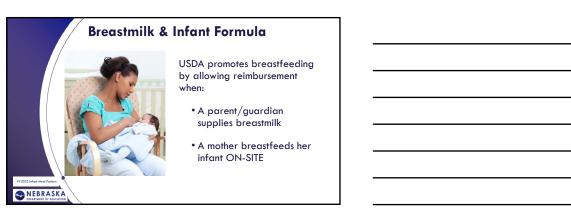




Agenda •CACFP General Requirements •Breastmilk & Infant Formula •Solid Foods & Developmental Readiness •Infant CACFP Records







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Breastmilk & Infant Formula

Expressed Breastmilk

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



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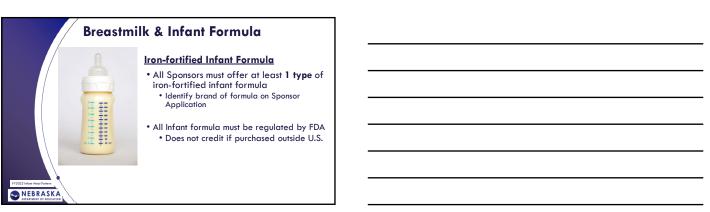


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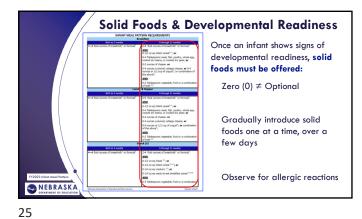
Breastmilk & Infant Formula Iron-Fortified Infant Formula Best supplement for breastmilk Supports healthy brain development & growth Reimbursable meals may include: Iron-fortified formula Breastmilk Combination of both





Breastmilk & Infant Formula Serving Infant Formula Infants may not drink the entire serving of formula Must still provide minimum serving size based on the infant's age Formula used to prepare infant cereal does not count toward the minimum requirement Do not put infant cereal in a bottle





Solid Foods & Developmental Readiness

What are Infant Solids?

Solid Foods are:

Commercially prepared baby foods (Gerber, Happy Baby Food, Gerber Graduates, Beech-nut, etc.)

Center prepared baby foods from table foods (Meats, Fruits, etc.)

Table Foods

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Solid Foods & Developmental Readiness Iron-Fortified 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 - ½ oz eq (approximately - 4 Tbsp)

Solid Foods & Developmental Readiness

Iron Fortified Infant Cereal

Must be labeled
"iron rich"

Nutrition facts label
must indicate it is at
least 45% daily value

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

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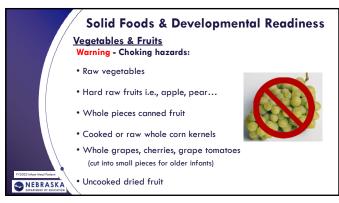
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Solid Foods & Developmental Readiness Vegetables & Fruits • Required at all meals & snacks • Serve vegetable, fruit, or a combination of both • Increases consumption & promotes better acceptance later in life • Great source of essential nutrients • i.e., fiber & vitamin C • Minimum serving size: 0 - 4 Tablespoons









Solid Foods & Developmental Readiness

Juice

- Not creditable component toward a reimbursable meal for infants
- Lacks dietary fiber found in fruits and vegetables



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Solid Foods & Developmental Readiness

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 ($\frac{1}{2}$ cup)

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Solid Foods & Developmental Readiness

Meat/Meat Alternates

- Beef, pork, lamb, veal, fish, chicken or turkey
- Commercially prepared
- Center prepared well-cooked and pureed, mashed, or finely diced



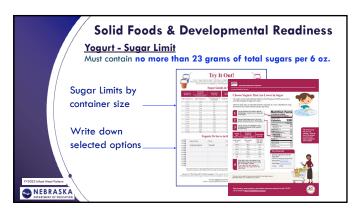
 Single ingredient foods until baby is developmentally ready

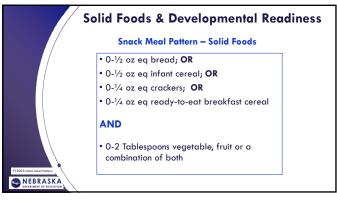
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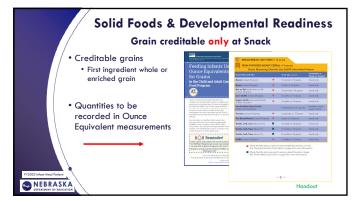
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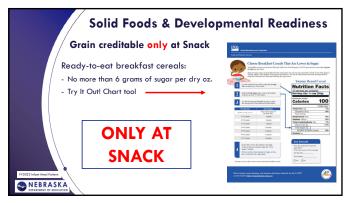


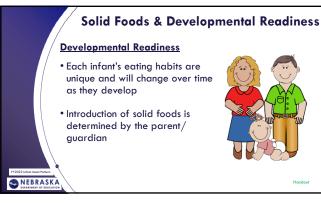












Solid Foods & Developmental Readiness Developmental Readiness Introducing solid foods too early: cause choking consume less breastmilk or formula increases risk of obesity





Solid Foods & Developmental Readiness

Parent Communication

- Working with parents helps to:
 - Ensure individual infants needs are met
 - Be consistent with eating habits
 - Support developmental readiness
- Always consult with parents/guardians first before serving solid foods

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Infant CACFP Records 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

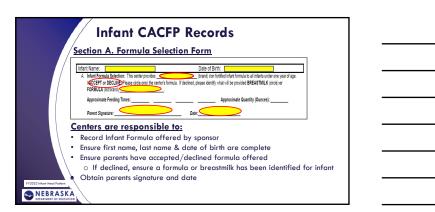


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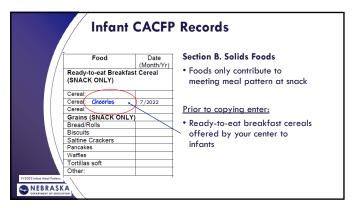
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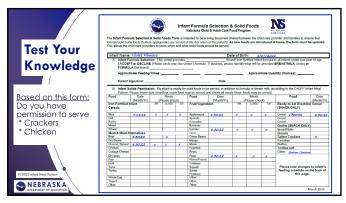


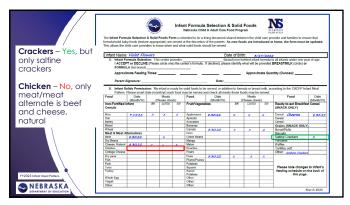


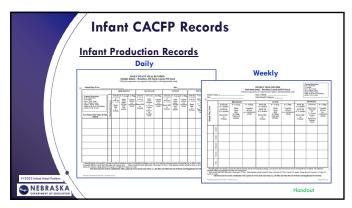




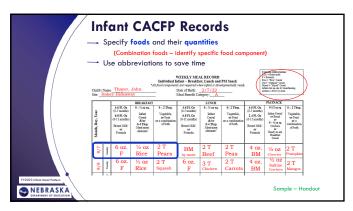
Infant CACFP Records NDE's Expectation from Centers. On-going communication with parents as infant grows Recorded Dates when solid foods are approved to be served and for which meals Correlation between the Infant Production Records and approved solid foods documentation

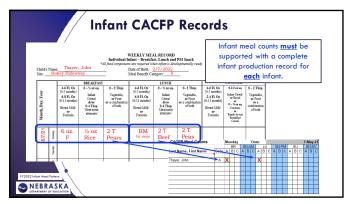




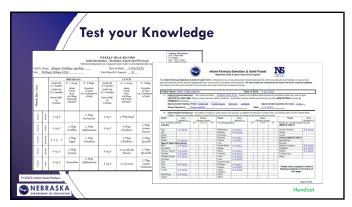


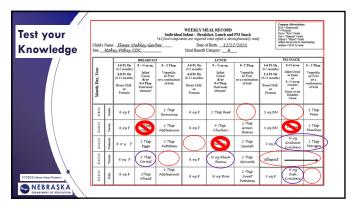
Infant CACFP Records Infant Production Records Basic information First & Last Name Date of Birth Meal Benefit Category (claim code) Dates (Month/Day/Year) Formula/Breastmilk & Solid Food quantities prepared o z Formula or Breastmilk ½ oz Rice Cereal, 2 T Beef etc. 2 T Peaches; 3 T Peas; 1 ½ T Applesauce etc. 1/4 oz Goldfish crackers; ½ oz saltine crackers, etc.





Test your Knowledge Infant Production Record vs Infant Solid Permission Form Review each meal to determine — • Was the infant meal pattern met — is the meal eligible for reimbursement? • Is the documentation complete? • Are the foods creditable for an infant? • Were the foods and meals served according to the instructions provided by the parent/guardian?





Wrap Up Each infant must have a current & complete: • CACFP Enrollment • Income Eligibility Form determined by center official on file to be claimed as "Free" or "Reduced" • Infant Formula Selection and Solid Readiness • Infant meal production record for each meal claimed • Daily Meal Count Records (blue & white)

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Wrap Up

- Infant Meal pattern is child-specific and determined by the parent's/guardian's approval of foods to be served
- Creditable food components for infants DIFFER from other age groups
- Meal pattern is required to be met for an infant's meal to be claimed for reimbursement

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