



# Infant Formula Selection & Solid Foods Parent Instruction Guide

## Nebraska Child and Adult Care Food Program

Revised March 2025



Dear Parent:

The **Infant Formula Selection & Solid Foods Form** is intended to be a living document shared between the childcare provider and families to ensure that breastmilk/formula/solid baby foods (texture appropriate) are served at the discretion of the parents. **As new foods are introduced at home, the form should be updated.** This allows the childcare provider to know what and when to serve solid foods.

### Section Instructions:

- A. Infant Formula Selection:** This section is completed upon enrollment. Childcare providers are required to offer an iron-fortified formula to all infants in their care. This section will state which iron-fortified formula is provided. Parents must either **accept or decline** the formula offered. If the parent declines the formula provided by the childcare provider, an approved formula and/or breastmilk must be provided by the parent.
- B. Infant Meals:** Once texture appropriate foods have been introduced at home, this section must be updated. The parent must identify which texture appropriate foods and which meals and snacks they wish their child to be offered. An approval date must be entered into the box next to the meals and snack as well as next to the foods the parent wishes to be offered. This form should be updated as foods are introduced at home or as the feeding schedule changes. Once an infant is regularly consuming a variety of foods, the childcare provider must offer the child meals/snacks consistent with the CACFP Infant Meal Pattern (shown below).

### CACFP Infant Meal Pattern

\*Foods should be introduced when the infant is developmentally ready. Once parent has approved baby/solid foods (texture appropriate), these components must be provided. **Zero means a gradual introduction to foods, not an optional food.**

Meal	Birth through 5 months	6 through 11 months*
<b>Breakfast, Lunch, Supper</b>	4-6 fluid oz of breastmilk <sup>1</sup> or iron-fortified infant formula <sup>2</sup>	6 – 8 fluid ounces breast milk <sup>1</sup> or iron-fortified infant formula <sup>2</sup> <b>AND</b> 0 – ½ ounce equivalent infant iron-fortified infant cereal <sup>2,3</sup> ; <b>OR</b> 0 – 4 Tablespoons meat, fish, poultry whole egg, cooked dry beans, peas, and lentils <b>OR</b> 0 – 2 ounces cheese; <b>OR</b> 0 – 4 ounces cottage cheese; <b>OR</b> 0 – 4 ounces or ½ Cup of yogurt <sup>4</sup> ; <b>OR</b> a combination of the above <sup>5</sup> ; <b>AND</b> 0 – 2 Tablespoons vegetable or fruit, or a combination of both <sup>5,6</sup>
<b>Snacks</b>	4-6 fluid oz of breastmilk <sup>1</sup> or iron-fortified infant formula <sup>2</sup>	2 – 4 ounces breast milk <sup>1</sup> or iron-fortified infant formula <sup>2</sup> <b>AND</b> 0 – ½ ounce equivalent bread; <sup>3,7</sup> <b>OR</b> 0 – ¼ ounce equivalent crackers; <sup>3,7</sup> <b>OR</b> 0 – ½ ounce infant iron-fortified cereal; <sup>2,3</sup> <b>OR</b> 0 – ¼ ounce equivalent ready-to-eat breakfast cereal; <sup>3,5,7,8</sup> <b>AND</b> 0 – 2 Tablespoons vegetable or fruit, or a combination of both <sup>5,6</sup>

<sup>1</sup> Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served 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 at a later time if the infant will consume more. <sup>2</sup> Infant formula and dry infant cereal must be iron fortified. <sup>3</sup> Information on crediting grain items may be found in FNS guidance. <sup>4</sup> Through Sept. 30, 2025, yogurt must contain no more than 23 grams of total sugars per 6 ounces. By Oct. 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce). <sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it. <sup>6</sup> Fruit and vegetable juices must not be served. <sup>7</sup> A serving of grains must be whole grain-rich, enriched meal, enriched flour, bran, or germ. <sup>8</sup> Through Sept. 30, 2025, breakfast cereals must contain no more than 6 grams of total sugars per dry ounce. By Oct. 1, 2025, breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.



## Infant Formula Selection & Solid Foods

Nebraska Child & Adult Care Food Program



The **Infant Formula Selection & Solid Foods Form** is intended to be a living document shared between the childcare provider and families to ensure that formula/solid baby foods (texture appropriate) are served at the discretion of the parents. **As new foods are introduced at home, the form must be updated.** This allows the childcare providers to know when and what solid foods should be served.

Infant Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

A. **Infant Formula Selection:** This center provides \_\_\_\_\_ (brand) iron fortified infant formula to all infants under one year of age.

I **ACCEPT** or **DECLINE** (Please circle one) the center's formula. If declined, please identify what will be provided **BREASTMILK** (circle) or **FORMULA** (list brand) \_\_\_\_\_.

Approximate Feeding Times: \_\_\_\_\_ Approximate Quantity (Ounces): \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

B. **Infant Solids Permission:** My infant is ready for solid foods to be introduced and served according to the CACFP Infant meal pattern, in addition to formula or breast milk. Please insert date (month/yr.) each food may be served and check all meals those foods may be served:

Food	Date (Month/Yr)	Meals (Please check)			Food	Date (Month/Yr)	Meals (Please check)			Food	Date (Month/Yr)
		BK	LU/SU	SN			BK	LU/SU	SN		
<b>Iron-Fortified Infant Cereals</b>					<b>Fruit/Vegetables</b>					<b>Ready-to-eat Breakfast Cereal (SNACK ONLY)</b>	
Rice					Applesauce					Cereal:	
Oat					Apricots					Cereal:	
Barley					Avocados					Cereal:	
Mixed					Bananas					<b>Grains (SNACK ONLY)</b>	
Wheat					Carrots					Bread/Rolls	
<b>Meat &amp; Meat Alternatives</b>					Corn					Biscuits	
Beef					Green Beans					Saltine Crackers	
Dry Beans					Mango					Pancakes	
Cheese, Natural					Melon					Waffles	
Chicken					Peaches					Tortillas soft	
Cottage Cheese					Pears					Other:	
Dry peas					Peas					<b>Please note changes to infant's feeding schedule on the back of this page.</b>	
Fish					Plums/Prunes						
Pork					Potatoes						
Tuna					Squash						
Turkey					Sweet Potatoes						
Whole Egg					Other:						
Yogurt					Other:						
Other:					Other:						

### Changes in Schedule

[illegible]



# Infant Formula Selection & Solid Foods Child Care Provider Instruction Guide Nebraska Child and Adult Care Food Program

Revised March 2023



Dear Childcare Provider:

The **Infant Formula Selection & Solid Foods Form** is intended to be a living document shared between the childcare provider and families to ensure that breastmilk/formula/solid baby foods (texture appropriate) are served at the discretion of the parents. As new foods are introduced at home, the form should be updated to include the service of those foods at the childcare. This allows the childcare provider to know what and when to serve solid foods.

## Instructions:

1. **Infant Formula Selection:** This section is completed upon enrollment. Childcare providers are required to offer an iron-fortified formula to all infants in their care. This section must state which iron-fortified formula the childcare provider is providing. Parents must either **accept or decline** the formula offered. If the parent declines the formula provided by the childcare provider, an approved formula and/or breastmilk must be provided by the parent.
2. **Solid Foods:** Once texture appropriate foods have been introduced at home, this section must be updated. The parent must identify which texture appropriate foods and which meals and snacks they wish their child to be offered. An approval date must be entered into the box next to the meals and snack as well as next to the foods the parent wishes be offered. This form should be updated as foods are introduced at home or as the feeding schedule changes.
  - a. If the parent/guardian is unable to complete the date of each new solid food but verbally states to the childcare provider the infant has begun a new solid food, the childcare provider may document on the Solid Foods portion of the Infant Formula Selection & Solid Foods Form the date and meals the new food(s) may be served. The childcare provider must initial next to the dates of those new foods.
  - b. Once an infant is regularly consuming a variety of foods, the childcare provider **must** offer the child meals/snacks consistent with the CACFP Infant Meal Pattern. (All three components must be offered for all meals including snacks) All infants must be served at least the minimum portion of each required component. **Zero does not mean that the food is optional, it means that a gradual increase in the quantity of food offered is to occur.**
  - c. The childcare provider should write in the type of "ready to eat" breakfast cereal being offered on the Infant Formula Selection & Solid Foods form. (All ready to eat breakfast cereal must meet the sugar limit requirement of no more than 6 grams of sugar per dry ounce.)
  - d. If an infant normally eats solids foods for all meals but the parent requests no solid foods due to special circumstances (i.e., child has had an upset stomach) then the childcare provider needs to document the parent/guardian's statement, initial, and date on page 2 of the Infant Formula Selection & Solid Foods form or directly on the infant meal production record.
3. **Infant Meal Production Records:** All required components and quantities prepared of those components must be documented on the infant meal production records at the time of each infant's meal preparation. This is considered the point of service for infant meals.
4. **Infant Meal Count Records:** Once the infant has a complete meal production record for each meal, the meal count sheet (the blue/white sheet) must be marked to claim that meal for reimbursement.

For more information, please contact:

Nebraska Department of Education

Office of Nutrition Services

P.O. Box 94987

Lincoln, NE 68509

Telephone: 402-471-2967 or 800-731-2233

Email: [nde.nsweb@nebraska.gov](mailto:nde.nsweb@nebraska.gov)

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