



How to ensure infant meals are creditable



Bright from the Start: Georgia Department of Early Care and Learning

www.decal.ga.gov

Training Objective

- Provide participants with an increased knowledge on infant meals within the Child and Adult Care Food Program.
- Increase understanding on infant meal selection for mandated compliance.
- Provide participants additional information on providing credible items for compliance in program.

Purpose of the Child and Adult Care Food Program

- The Child and Adult Care Food Program (CACFP) is a program under the U.S. Department of Agriculture's Food and Nutrition Service (FNS) whose mission is to alleviate hunger and to safeguard the health and nutritional well being of the Nation through the administration of nutrition education and domestic food assistance programs.

Nutrition Services Vision Statement

Working together with our partners
to eradicate hunger and ensure
nutritious meals for **all** Georgians!

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- (1) **mail:** U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) **fax:** (202) 690-7442; or
- (3) **email:** program.intake@usda.gov



Nutrition Standards for CACFP Meals and Snacks

- Centers and day care homes offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting the wellness, health, and development of children, older adults, and chronically impaired disabled persons through the provision of nutritious foods.
- Child care providers, in particular, have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

Nutrition Standards for CACFP Meals and Snacks

- Through the Healthy, Hunger-Free Kids Act, USDA made the first major changes in the CACFP meals and snacks that will help ensure children and adults have access to healthy, balanced meals and snacks throughout the day.
- Under the updated CACFP nutrition standards, meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. These updates align with the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and with other Child Nutrition Programs.

Program and Meal Patterns Definitions

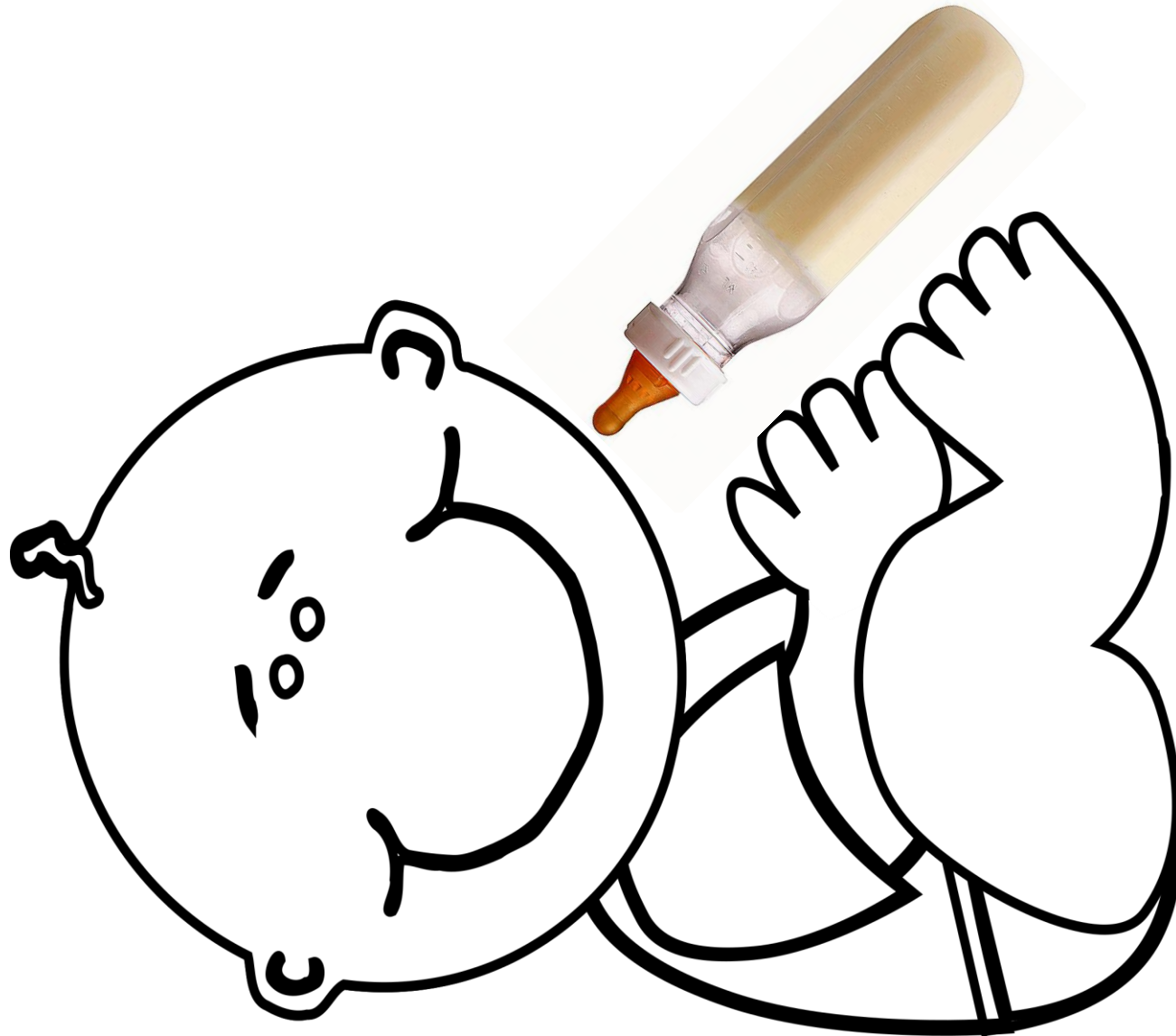


CFR 226

- The Code of Federal Regulations (CFR) is an annual codification on the general and permanent rules published in the Federal Register by the executive departments and agencies of the Federal Government.
 - The **7 CFR 226** are the federal rules that govern the Child and Adult Care Food Program (CACFP).

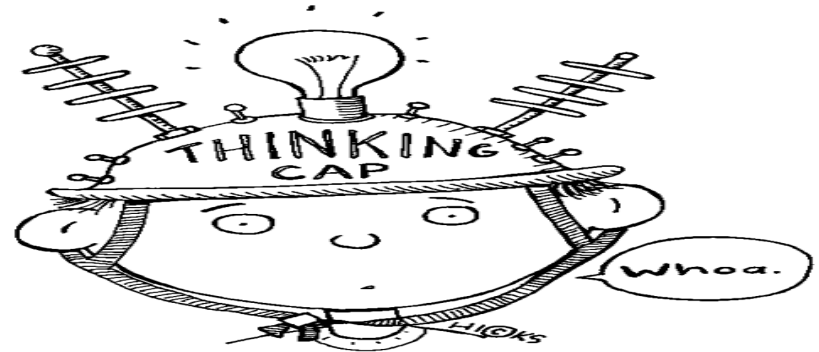


Infants Meals



Did you know?

- Infants enrolled for care at a participating CACFP center or day care home must be offered a meal that complies with the CACFP infant meal pattern requirements (7 CFR 226.20(b)).
- CACFP regulations define an enrolled child as “a child whose parent or guardian has submitted to an institution a signed document which indicated that the child is enrolled in child care” (7 CFR 226.2).
- A center or daycare home may not avoid this obligation by not enrolling the infant in the CACFP program. Infants and children enrolled in the site are enrolled in CACFP. You can not avoid enrolling infants if they are enrolled in your program.
- Infants do not have established meal periods. They are fed on demand according to established eating habits.
- Infants' meals should not be disallowed because they are not within the center's established meal times. Due to varied infant eating times all credible meals can be counted if all required components are offered each meal.
- Infants may not be served juice as part of reimbursed meal.



Infants- Did you know?

- USDA defines an infant as birth to 11 months of age.
- Solid foods are provided when the infant is developmentally ready to consume them.
- Reference infant individual feeding plans. Meal pattern requirements are based upon infant age.
- Two age groups: 0 to 5 month olds and 6 months through 11 month olds. ***NEW***
- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old (as developmentally appropriate). ***NEW***
- No longer allows juice or cheese food or cheese spread to be served; ***NEW***
- Allows ready-to-eat cereals at snack.(as developmentally appropriate) ***NEW***



Infant Formula



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Infant Formula

- Centers and Daycare homes with infants enrolled must offer at least one iron-fortified infant formula.
- Iron-fortified infant formula is the best for infants not breastfed. Iron is very important nutrient within the baby's first year.
- Label must state "Iron or Iron-Fortified."



- Previously, FNS provided a list of *Iron-Fortified Infant Formulas That Do Not Require a Medical Statement*. FNS no longer maintains such a list due to the continuous development of new or reformulated infant formula products. Look at the following:
 1. Not be a FDA Exempt Infant Formula
 2. Look for Infant Formula with Iron
 3. If substitution is needed due to disability and is supported by medical statement signed by a licensed physician or a State recognized medical authority. This statement should be kept on file by the center or day care home.

Infant Formula

- Ensure sanitation and hygiene when preparing/cleaning bottles for all participants.
- Ensure bottles are labeled, prepared and stored in an appropriate manner.
- Ensure formula is not expired and iron-fortified.
- Throw out unused breastmilk/formula and wash the bottles immediately with soap and hot water.



Breastfeeding & Breastmilk



Breastfeeding

- CACFP encourages breastfeeding.
 - Only food needed for the first 4 to 6 months. (As developmentally appropriate)
 - Breast milk is easy to digest and contains neutral substances that help protect the body from infections and food allergies.
 - Maximum storage of expressed breastmilk is 72 hours at 40 degrees or below. This milk should be labeled appropriately.
 - As long as the infant is in care, the provider must offer the meal that meets program requirements. When infant requires more than one item the facility must provide all additional items. Parents may only provide one item of a reimbursed meal.
- During the facility visit:
 - If parent wants to breastfeed on site there should be a quiet, comfortable place designated for nursing.
 - A parent may also breastfeed anywhere onsite. For example, the parent may breastfeed in their car onsite and this is eligible for reimbursement. However, if parent leaves the premises to breastfeed the meal is not reimbursable.
 - Breastfeeding onsite can not be measured so when a mom breastfeed on site it is considered the full allocated ounces of fluid for that meal/snack. Label paperwork as breastfed, mom or expressed breastmilk.

Breastfeeding

- Breastmilk can not be substituted for cow's milk until age 1. A medical statement must be provided by a licensed physician if a parent takes an infant off breastmilk and/or formula prior to age 1.
- However, Breastfeeding/Breastmilk can be offered to a child after the age of 1 without medical statement.
- Infant Formula requires a medical statement after 13 months. Between 12 months and 13 months is the weening-off period for infants transitioning from formula to cow's milk (if needed).



Infant Feeding Times

- CACFP centers and day care homes must offer all infants in their care meal pattern requirements that meet compliance.
- Infants do not eat on a strict schedule so meals should be offered when infants show signs of hunger “on demand feeding.”
- Offer all required meal components that are required per age (as developmentally appropriate).
- Count meals for reimbursement even if the meals are outside of established meal time periods as long as the meal meets meal pattern requirements. (as developmentally appropriate).
- Parents may only supply ONE COMPONENT.
- Facility must provide all other meal components to ensure meals are reimbursable.
- Facility must have a iron-fortified formula available on site.



Introducing Solid Foods

- Infants developed at different rates and individualized infant meal plans should be followed for each individual infant. Meals should be consistent with infants established eating habits in collaboration with parents.
- Solid food is usually delayed to be offered around 6 months of age because infants are not typically physiologically developed to consume solid foods until mid way of first year of life. Once the infant is ready to consume solid foods the center or day care home is required to offer the foods.



Infant Cereal, Baby Food and Ready to Eat Cereal for Snacks

- Infant Cereal should contain some iron and be offered at 6 months (as developmentally appropriate).
- Infant cereal is to be spoon fed and not to be placed in bottles. An authorized medical statement must be on file to place cereal in bottle.
- Baby foods should be offered in collaboration with the parents and documented on the infant feeding plan (as developmentally appropriate).
- Vegetables and fruits can help promote good nutritional status in infants. Vegetables and fruits are already offered at breakfast, lunch and supper as developmentally appropriate. New meal patterns extended this to infant snacks 6 months to the end of 11 months as developmentally appropriate.
- Juice is no longer allowed to be served to infants as part of a reimbursable meal.
- Ready to eat cereals or boxed cereals served to infants must meet the 6 grams of sugar per dry ounce, be whole-grain rich, enriched or fortified. Some examples of ready-to-eat cereals are puffed cereals and whole-grain O-shaped cereals.
- Honey and foods that contain honey should not be served to infants under the age of one. Honey can cause infant botulism which is a serious type food-related illness that can make the infant really sick. Honey should not be given or added to food. Commercially prepared foods like sweetened cereals or honey graham crackers should be excluded.
- Yogurt with no more than 23 grams of sugar per 6oz and whole eggs are now allowed as meat alternate. Cheese food or cheese spread is no longer allowed.

Record Keeping Requirements

Infants



Subpart E – Operational Provisions

- 226.15 (e)(4) Recordkeeping
- Each institution shall establish procedures to collect and maintain all program records required under this part, **as well as any records required by the State agency.** Failure to maintain such records shall be grounds for the denial of reimbursement for meals served during the period covered by the records in question and for the denial of reimbursement for costs associated with such records. At a minimum, the following records shall be collected and maintained:
 - Daily records indicating the number of participants in attendance
 - The daily meal counts, by type (breakfast, lunch, supper, and snacks), served to family day care home participants, or
 - The time of service meal counts, by type (breakfast, lunch, supper, and snacks), served to center participants.



Infant Affidavit

- All infants 0 to end of 11 months must have an infant affidavit on file. This form is completed annually. The infant affidavit must be kept on file.

Name of Sponsor (if applicable) _____

Name of Provider/Center _____

Name of Infant: _____

Infant Date of Birth: _____

Name of Parent/Guardian: _____

According to USDA regulations, as an institution participating in the Child and Adult Care Food Program must provide meals to all infants enrolled for care in the center/facility.

Center/provider will provide the following milk-based iron-fortified formula: _____

Center/provider will provide the following Iron-fortified infant cereal: _____

Center/provider will provide the following brand of infant foods: _____

Parents/Guardians,

Please check one of the following options below and sign this form:

_____ I would like the provider/center to provide ALL meal components to my infant and I will provide clean, sanitized, and labeled bottles daily.

_____ I will provide the following meal component to my infant and the center will provide all other meal components:

Formula*

Meat/Fish/Poultry/Eggs/Beans/Peas

Cereal

Cheese/Cottage Cheese/Yogurt

Fruit

Bread/Crackers/Breakfast Cereal

Vegetable

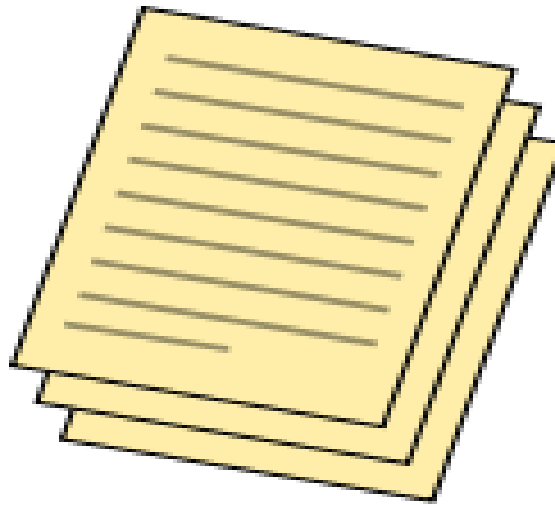
Parent/Guardian Signature

Date

*Any parent requesting any formula other than a USDA approved milk-based or soy-based iron-fortified formula be provided to their infant or any parent who provides any formula other than a USDA approved milk-based or soy-based iron-fortified formula for their infant must provide a doctor's note indicating the required use of the formula. If a parent elects to have the center or day care home provider supply meals to their infant, the infant will be fed according to its individual feeding plan that is provided by the parent or guardian. The center or day care home provider may only claim reimbursement for no more than breakfast, lunch or supper, and a snack.

Enrollment Forms

- Enrollment documentation for each child which includes information on each child's normal days and hours of care and the meals normally received while in care (must be updated annually and signed by a legal parent or guardian).



Infant Weekly Menu Food Service Forms

- Required to be completed daily.
- Should capture all the reimbursable items that were offered per meal for reimbursement.
- Note if it is formula or breastmilk/breastfed on form.
- Total the infants that were served the meals for reimbursement at the end of the meal daily.
- Weekly transfer the information to the Monthly Record of Meals and Snacks Served.

Infant Weekly Menu Food Service- Breakfast Sample

INFANT WEEKLY MENU AND FOOD SERVICE RECORD

Institution Name: _____ ABC Stepping Feet
 Site Name: _____ ABC Stepping Feet
 Agreement # _____ 99999
 Week of: _____ 12/4- 12/8 2017

DATE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL PATTERNS/FOOD COMPONENTS					
BREAKFAST					
<u>**Complete this form daily**</u>					
BIRTH-5 Months					
4-6 fluid ounces breastmilk or formula	4-6oz formula 5oz breastmilk	4-6oz formula breastfed on site	4-6oz formula 5oz breastmilk	4-6oz formula breastfed on site	4-6oz formula 5oz breastmilk
6-11 Months					
6-8 fluid ounces breastmilk or formula	7oz formula	7oz formula	7oz formula	7oz formula	7oz formula
0-4 tablespoons infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or -2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or 1/2 cup of yogurt; or a combination of the above; and	3T infant cereal	3T infant cereal	Whole Egg	Whole Egg	1/2 cup yogurt
0-2 tablespoons vegetable or fruit or a combination of both	1T peaches	1T carrots	1T peaches	1T carrots	2T applesauce
MEAL COUNTS BY AGE					
BIRTH-5 Months	6	6	6	6	6
6-11 Months	2	2	2	2	2
Program Staff	2	2	2	2	2
TOTAL MEAL COUNTS FOR THE DAY (Less Program Staff)	8	8	8	8	8

Infant Weekly Menu Food Service-Snack Sample

INFANT WEEKLY MENU AND FOOD SERVICE RECORD

Institution Name: _____ ABC Stepping Feet
 Site Name: _____ ABC Stepping Feet
 Agreement # _____ 99999
 Week of: _____ 12/4-12/8 2017

DATE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAL PATTERNS/FOOD COMPONENTS					
PM SNACK - (select 2 of 5)					
<u>**Complete this form daily**</u>					
BIRTH-5 Months					
4-6 fluid ounces breastmilk or formula	4-6oz formula 5oz breastmilk	4-6oz formula 5oz breastmilk	4-6oz formula 5oz breastmilk	4-6oz formula 5oz breastmilk	4-6oz formula 5oz breastmilk
6-11 Months					
2-4 fluid ounces breastmilk or formula; and	4oz formula	4oz formula	4oz formula	4oz formula	4oz formula
0-1/2 slice bread, or 0-2 crackers, or 0-4 tablespoons infant cereal or ready-to-eat breakfast cereal and	ready to eat cereal	1/2 slice bread	ready to eat cereal	ready to eat cereal	2 graham crackers
0-2 tablespoons vegetable or fruit or a combination of both.	2T peaches	2T peaches	2T carrots	2T carrots	1T peaches 1T carrots
MEAL COUNTS BY AGE					
BIRTH-5 Months	6	6	6	6	6
6-11 Months	2	2	2	2	2
Program Staff	2	2	2	2	2
TOTAL MEAL COUNTS FOR THE DAY (Less Program Staff)	8	8	8	8	8

New Resource – English


United States Department of Agriculture

Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play**.



Fueling Up With Veggies

Fewer than 10% of 4- to 8-year-olds eat enough vegetables.





Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.



Whole Grains



Refined Grains

Now kids are more likely to get whole grain-rich* foods at least **once a day**. Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

Lowering Added Sugars



On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.





Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reimbursing meals when moms breastfeed onsite
- Including a wider variety of foods for babies to try during their first year of life

*Whole grain-rich foods are foods containing 100% whole grains or that contain at least 50% whole grains and the remaining grains in the food are enriched.

Sources:
<https://health.gov/dietaryguidelines/2015/>
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a06.html
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a40.html



Food and Nutrition Service
 FNS-651
 April 2017
<https://teammnutrition.usda.gov>
 USDA is an equal opportunity provider, employer, and lender.

New Resource – Spanish



United States Department of Agriculture

Desarrollando un futuro más saludable con el CACFP

Cada día, más de 4 millones de niños reciben comidas y merienda mediante el Programa de Alimentos para el Cuidado de Niños y Adultos (CACFP). Gracias a las recientes actualizaciones de los patrones de comidas del CACFP, ahora tiene aún más oportunidades de ayudar a los niños a obtener la nutrición que necesitan para **aprender, crecer y jugar**.



Menos del 10% de los niños de 4 a 8 años de edad comen suficientes vegetales.



Recargando energía con los vegetales



Los vegetales y las frutas son ahora dos componentes separados en el almuerzo, la cena y la merienda. Esto significa que puede servir vegetales y frutas más a menudo y así ayudar a los niños a desarrollar su gusto por los alimentos saludables desde una edad temprana.

Ofrézcales granos integrales desde una temprana edad

Los niños de 1 a 13 años comen hasta el **doble** de granos refinados de lo que deberían, pero no comen suficientes granos integrales.



Ahora los niños tendrán más probabilidades de recibir alimentos ricos en grano integral* por lo menos **una vez al día**. Los granos integrales les dan a los niños vitaminas, minerales y fibra para ayudarlos a ser fuertes y saludables.

Reduciendo azúcares añadidas



En promedio, los niños de **9 a 13 años** consumen entre **17 a 22** cucharaditas de azúcares añadidas cada día.

Al limitar el azúcar en los yogures y cereales, y no contando las galletas, pasteles y otros postres a base de granos para los requisitos de granos, las comidas servidas en el CACFP les darán a los niños la oportunidad de probar y apreciar alimentos nuevos y saludables.



Hablando de bebés: Actualizaciones de los patrones de comida infantil

Los patrones actualizados de alimentación infantil apoyan la salud de los participantes más jóvenes del CACFP mediante:

- El reembolso de las comidas cuando las madres lactan en el sitio
- Una mayor variedad de alimentos que el bebé puede probar durante su primer año de vida



* Los alimentos ricos en grano integral son los que contienen el 100% granos integrales, o los que contienen un mínimo del 50% de grano integral y el resto de los granos del alimento están enriquecidos.

Fuentes en inglés:
<https://health.gov/dietaryguidelines/2015/>
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_406.html
https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_40.html



Food and Nutrition Service
 FNS-651-5
 Junio 2017
<https://teammnutrition.usda.gov>
 USDA es un proveedor, empleador y prestamista que ofrece igualdad de oportunidades.

