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You must be REGISTERED in the Training Calendar AND attend the FULL Training in order to receive credit for this course.

Child and Adult Care Food Program (CACFP)

INFANT MEALS TRAINING



OKLAHOMA
Education

<https://cnp.sde.ok.gov/CACFP>

- USDA Website
- Rates/Eligibility Scale
- Training Calendar
- Resource Library
 - **Feeding Infants Guide**
 - **Training Manual**
 - **Infant section**
 - **Interactive Forms under Worksheets**
 - **Food Buying Guide/ Crediting Handbook**



OKLAHOMA STATE DEPARTMENT OF EDUCATION

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Wednesday, July 19, 2017 7:29:24 PM

Child Nutrition - Child & Adult Care Food Program (CACFP)



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Welcome KENDRA MERVELDT

Child Nutrition - Child & Adult Care Food Program (CACFP)

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Adult Day Care Resources

- [2021 Adult Free and Reduced Application](#) (743 KB)
- [Adult Day Care FY21 Training Slides \(1 per pg\)](#) (4,163 KB)
- [Adult Day Care Section of CACFP Manual](#) (1,300 KB)
- [Adult Meal Patterns](#) (353 KB)
- [Adult OfferVersusServe \(Spanish\)](#) (1,631 KB)
- [Menu As Served - 3 meals \(Adults\)](#) (464 KB)
- [Offer vs Serve in Adult Day Care](#) (566 KB)
- [Self-Paced Online Instruction for OKEdge \(NextThought\) Adults.](#) (289 KB)

At-Risk Program Resources

- [At-risk Afterschool Meals Guide 2017 Part 1 Eligibility Requirements](#) (1,815 KB)
- [At-risk Afterschool Meals Guide 2017 Part 2 Applying to Participate in the Program](#) (3,659 KB)
- [At-risk Afterschool Meals Guide 2017 Part 3 Meal Patterns and Food Service](#) (3,516 KB)
- [At-risk Afterschool Meals Guide 2017 Part 4 Reimbursements](#) (4,031 KB)
- [At-risk Afterschool Meals Guide 2017 Part 5 Recordkeeping and Reporting](#) (3,374 KB)
- [At-risk Afterschool Meals Guide 2017 Part 6 Monitoring](#) (1,517 KB)
- [At-Risk Training Slides\(1 per pg\)](#) (4,719 KB)



INFANTS MEALS

Starts on Page 199

Planning Meals for Infants

- Must offer access to the CACFP meals
- Infant meal waiver, if meals are not wanted by parent or guardian
- Offer a **minimum of 1 type** of iron-fortified infant formula (FDA approved)
- Infants are from birth to one year
- Feed on demand
 - Infants do not have to be fed during the times listed in the application and agreement

Planning Meals for Infants (cont)

▶ Two age groups

- Birth through five months
- Six months through eleven months

▶ Both age groups require:

- Iron-fortified formula;
- Breastmilk or;
- A combination of both

Milk served to an infant is not reimbursable

Documenting Breast-Feeding On-Site

- **Infants breastfed on site can be reimbursed**
- Recording the total amount, a mother breast-feeds her infant is not required
- Acceptable ways to document:
 - Breastfed on-site
 - Mother on-site

P-204

Iron-Fortified Infant Formula

- The center must offer a **minimum of 1 type** of iron-fortified infant formula
- Formula must be regulated by FDA
 - May not credit if purchased outside U.S.
- If an infant does not drink the entire bottle, leftovers should be properly stored in accordance with local health and safety requirements

P-213 #7

Birth Through Five Months

- Breast milk or infant formula is the only meal component required
- Serve a minimum of 4-6 fluid ounces of expressed breastmilk or infant formula

Introducing Solid Food(s)

- Once an infant shows signs of developmental readiness, solid foods must be offered
- Gradually introduce solid foods
- Prepare foods in the right texture and consistency
- Observe infants closely for reactions after feeding a new food

P-204

Infants Eating Before 6 Months

- If an infant is developmentally ready to accept solid foods prior to 6 months of age, the center or day care home may serve the solid foods and claim reimbursement for those meals
- **Once an infant is developmentally ready for solid foods, the center or day care home must indicate on menus what solid foods are being served and the serving size of the food served**

Six Through Eleven Months

- A minimum of 6-8 fluid ounces of expressed breastmilk or infant formula must be offered at breakfast & lunch
- Snack only requires 2-4 fluid ounces of expressed breastmilk or infant formula
- Foods from all food components are to be offered when the infant is developmentally ready

Serving Sizes for All Components

- Recognizes that all infants are not ready for solid foods at 6 months
- By 7 or 8 months, infants ***should be*** consuming solid foods from all components

Serving Sizes
0-2 or 0-4 Tbsp.
0-4 oz.

P-201-203

Infant Components

Breakfast, Lunch/Supper, & Snack

- Breastmilk
- Iron-fortified infant formula
- Infant cereal,
- Meat/meat alternates, or a combination of both
- Vegetable or fruit, or a combination of both
- Grains (*at snack only*)

Feeding Infants Guide (Page 59)

- The amounts of solid foods listed in the infant meal pattern are provided as a range, such as 0–2 tablespoons
- This provides flexibility to offer the right amount of solid foods based upon the baby’s developmental readiness
 - 0 tablespoons of a solid food if the baby has not yet started eating solids. The baby can have less than 1 tablespoon of a solid food if he/she just started eating a solid food
- **Once the baby has been introduced to the solid food, you would offer the baby the full 2 tablespoons of the solid food**

What should a monitor do when conducting an on-site review and he/she finds an 8-month-old infant is not being served solid foods?

The monitor should speak with the center or day care home to understand why the infant is not being served solid foods. Infants are typically developmentally ready to consume solid foods by 8 months of age; however, each infant develops at his or her own rate. If an 8-month-old infant is not developmentally ready for solid foods and the center is serving the required serving size for breast milk or infant formula for the 6- through 11-month-old age group, the meal is reimbursable

Focuses on Eating Habits

Recognizes eating habits may change

- Some infants may eat certain foods one week/day, but not the next
- Meals & snacks consistent with eating habits should not be disallowed

Parent Communication

Optional written statement

- Outlining when & which solid foods to serve
- Follows the preferences of parents & guardians
- Approved food components

P-216

Providing Food Components

Parents/guardians may provide only one creditable food component for a reimbursable meal

- i.e., provide breastmilk = 1 component
- Childcare providers must provide remaining components

P-211 #3 & #4

Vegetables & Fruits

- ▶ Minimum serving size: 0-2 tbsp or 0-4oz
- ▶ **Required** at all meals including snacks when developmentally ready
 - Serve vegetable, fruit, or a combination of both
 - Commercial baby food containing multiple fruits and or vegetables if creditable

Juice

- Lacks dietary fiber found in other forms of fruits & vegetables
- **Does not credit toward a reimbursable meal for infants**



P-209

Meat/Meat Alternates

- Jarred meat w/gravy
- Yogurt – ***not soy***
- Cheese
- Whole eggs
- Minimum serving size: 0-2 tbsp or 0-4oz



P-209-210

Yogurt & Added Sugar

**Must contain no more than
23 grams of total sugars
per 6 oz**

P-152

Yogurt Meets Requirements?

Serving Size

- Number of servings in a package
- Unit: ounces, cups, per container, etc.

Sugars or Total Sugars

- Amount per serving
- Means the same thing
- ***Do not use WIC yogurt list (too much sugar)***

Nutrition Facts			
Serving Size 6 oz (170g)			
Servings Per Container 1			
Amount Per Serving			
Calories 140			
	% Daily Value*		
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Potassium 0mg	0%		
Sodium 65mg	3%		
Total Carbohydrate 22g	7%		
Dietary Fiber 1g	4%		
Sugars 19g			
Protein 14g	28%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Yogurt and Sugar Guide

Yogurt Sugar Limits

Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams

P-153

Product packaging states:

- “Imitation cheese”
- “Cheese product”



Food	Creditable			Additional Information
	Yes	Maybe	No	
Cheese, Imitation			X	Cheese labeled as “imitation” is not creditable because the nutrient content is inferior to the food it substitutes and therefore is not creditable.
Cheese Products			X	Cheese labeled as a cheese “product” is not creditable. Cheese products do not have a standard of identity.

Infant Cereal & Grains

- ***Infant cereal*** can be served at all meals
 - It is required to be served at breakfast and lunch
- Minimum serving size: 0-2 tbsp or 0-4oz
- Must be made whole-grain or enriched
- No grain-based desserts

Infant Cereal is the **ONLY GRAIN ALLOWED** at Breakfast and Lunch

Can I serve babies in my care pancakes, fruit, & formula at breakfast or lunch and claim it as a reimbursable meal?

- **NO**, *The only grain that is allowed at breakfast or lunch is iron-fortified infant cereal. Other grains **CANNOT** be served in place of infant cereal. The pancake could be an extra food, not part of the reimbursable meal.*

(#14 on page 174 in the Feeding Infants in CACFP)

CHILD AND ADULT CARE FOOD PROGRAM

INFANT MEAL PATTERN

BREAKFAST	
Birth Through 5 Months	6 Through 11 Months
<p>4-6 fluid ounces (fl oz) breast milk¹ or formula²</p>	<p>6-8 fl oz breast milk¹ or formula² and</p> <p>0-1/2 ounce equivalent infant cereal² or</p> <p>0-4 tablespoons (Tbsp) meat fish poultry whole egg cooked dry beans or cooked dry peas or</p> <p>0-2 oz of cheese or</p> <p>0-4 oz (volume) of cottage cheese or</p> <p>0-4 oz or 1/2 cup of yogurt³ or a combination of the above⁴</p> <p>and</p> <p>0-2 Tbsp vegetable or fruit or a combination of both^{4,5}</p>

¹ Breast milk or formula, or portions of both, must be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed

Snack Meals Only

- Bread, crackers, & ready-to-eat breakfast cereals are *ALLOWED*
- Ready-to-eat breakfast cereals:
No more than 6 grams of sugar per dry oz

Approved Breakfast Cereal

Use WIC Approved Breakfast
Cereal List

<http://www.womeninfantschildrenoffice.com/oklahoma-wic-food-list-wf35>

SOME Grain-Based Desserts

Items in **RED** on the Grains Chart are not allowed to be served in CACFP

- Brownies
- Cakes
- Cereal/Breakfast bars
 - Nutrigrain bar
- Cookies
 - Fig bars
 - Vanilla Wafers
- Granola bars
- Sweet piecrusts
- Sweet rolls
 - Cinnamon Roll
 - Danish
- Toaster pastries
 - Poptart

Foods for Infants

Creditable	
Food Item	Food Component
Beans	Grains/Meats/Meat Alternates or Vegetables/Fruit
Cheese (natural or processed)	Grains/Meats/Meat Alternates
Fin fish and shellfish	Grains/Meats/Meat Alternates
Fruits (not freeze-dried, not juice)	Vegetables/Fruit
Iron-fortified infant cereal*	Grains/Meats/Meat Alternates
Meats (beef, pork)	Grains/Meats/Meat Alternates
Poultry (chicken, turkey)	Grains/Meats/Meat Alternates
Ready-to-Eat Cereal	Grains (creditable at snack only)
Vegetables (not freeze-dried, not juice)	Vegetables/Fruit

Not Creditable	
Food Item	
Barley	Nuts and seeds
Cooked grains	Nut and seed butters
Dried or powdered cheese*	Oats
Freeze-dried vegetables and fruit (e.g., banana)	Quinoa
Granola	Rice
Macaroni and other pastas	Soy yogurt
Millet	Wheat
Mixed grains	

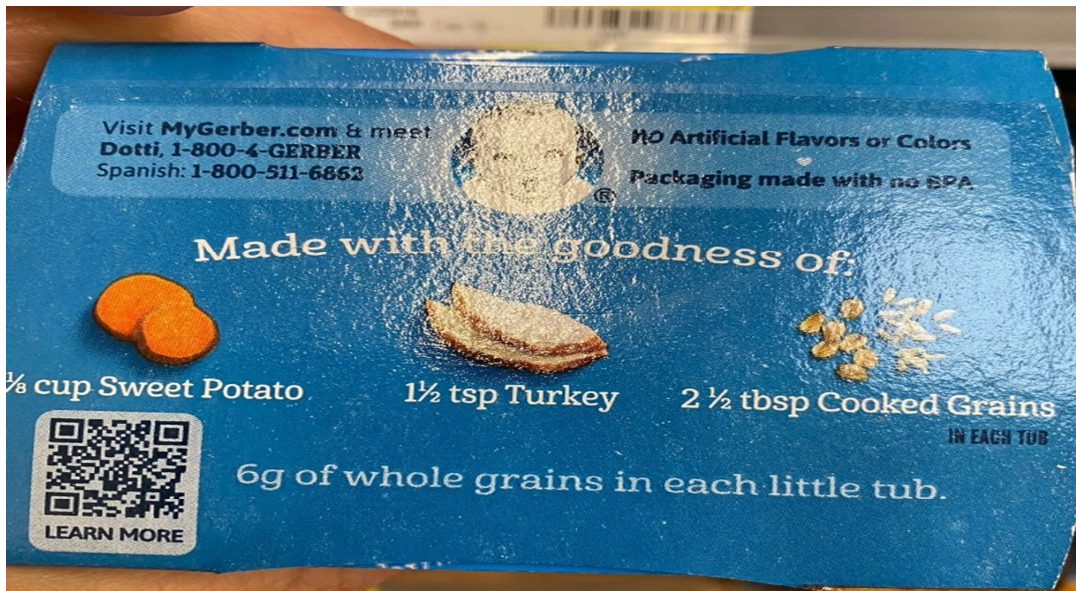
Combination Foods

- If there is at least one creditable component, the combination food may be offered
- If the package does not list the volume or percentage of each creditable ingredient, then you will need more information from the manufacturer
- If percentages listed, you may need to calculate the amount of each ingredient to determine the number of Tbsp or tsp, etc.

Combination Foods (cont.)

- **Creditable Food Items**
 - See Appendix F: Infant Food List in the Feeding Infants in the CACFP Program
- **Non Creditable Food Items**
 - Barley
 - Cooked grains
 - Dried or powdered cheese
 - Freeze-dried vegetables
 - Granola
 - Macaroni and other pastas
 - Millet
 - Mixed Grains

Combination Foods (cont.)



Donated Products

- Donated food and formula can not be served as part of a reimbursable meal
- WIC items donated from a parent to the center cannot be used for CACFP

RECORD KEEPING

Medical Statement

- Required for participants who are unable to consume certain foods that are required or not allowed for infants by USDA
- Must be signed by a recognized medical authority
- Should include recommended alternate foods
- Cannot claim meals lacking required components/quantities unless meal is supported by medical statement

Records

- All forms **MUST** be maintained **DAILY**, by month, at each site for any institution participating in the CACFP
- All records must be kept on site at the location approved in the institution's application
- Someone at the institution **MUST** have access to records at all times
- **Records must be produced within one-hour of the program specialist arrival**

Record Keeping

All forms **must** be maintained **DAILY**, by month, at each site for any institution participating in the CACFP

Receipts need to be kept to show food items purchased by the center for infants including commercial baby food or food prepared into baby food

EXAMPLE

INFANT MEALS AS SERVED

TOTAL INFANTS SERVED:

DATE: 10/4/YYYY

Breakfast: 1 Lunch/Supper: 1 Snack: 1 REMEMBER TO ADD INFANT MEALS TO THE MEAL COUNT WORKSHEET.

Meal Type	Quantity Served Meat/Meat Alternate	Quantity Served Breads/Cereals	Quantity Served Fruit/Vegetable	Quantity Served Formula/Breast Milk
Names and Ages				
Breakfast				
1. HARRISON BUTLER—9 MO		4 TBSP CEREAL	4 TBSP PEACHES	8 OZ FORMULA*
2.				
3.				
4.				
5.				
Lunch/Supper				
1. HARRISON BUTLER—9 MO	1 OZ CHEESE		4 TBSP CARROTS	8 OZ FORMULA
2.				
3.				
4.				
5.				
Snack				
1. HARRISON BUTLER—9 MO		2 CRACKERS	2 TBSP PEARS	8 OZ FORMULA*
2.				
3.				
4.				
5.				
Supper				
1.				
2.				
3.				
4.				
5.				

Infant Menu As Served

Once an infant starts eating solid food, it is **REQUIRED** the exact food item is written down and the amounts the child is given **MUST** be listed

The 0 in the meal pattern ***DOES NOT*** mean the meal does not need to be listed. It means ***IF*** the child doesn't eat that item or component, meals will not be reclaimed

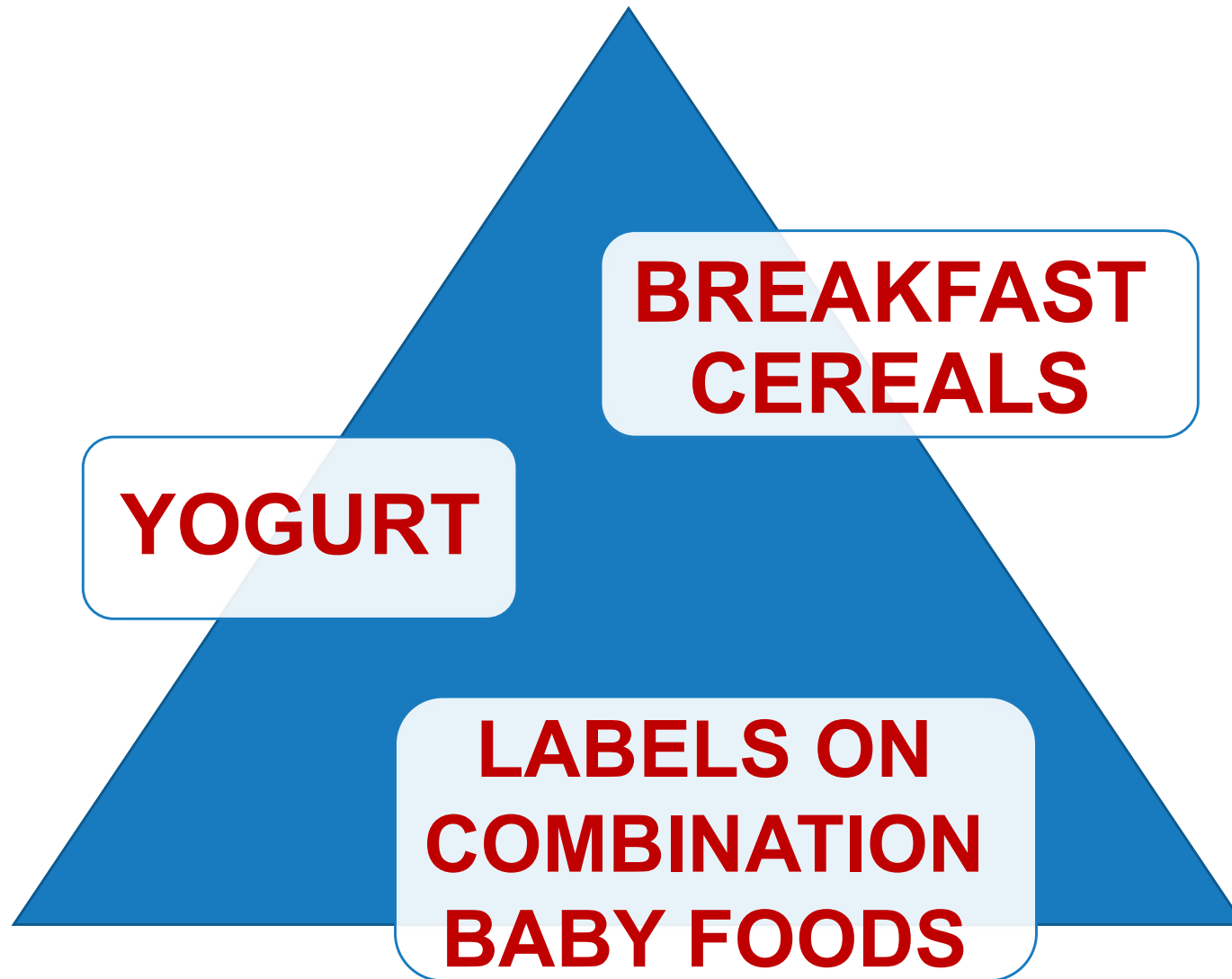
CACFP Forms

If any of the record keeping forms you are using are different than what is in our ***CURRENT*** CACFP manual, you must get prior approval from your program specialist to use that form

If it is not approved, it could result in an overclaim

MAINTAIN LABELS

Nutrition Facts - Package - Ingredients



Issues That Can Cause an Overclaim


(This list is not all-inclusive)

- Serving Juice
- Serving a grain-based desserts
- Serving an item not permissible on CACFP
- Insufficient quantities or quantities not listed on the Infant Menu as Served form
- No Records
- Records or Documents do not support the claim

Original/Blank Documents



**Resource
Library
Interactive
& Center
Forms**



**Page
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Child Nutrition Contact Information

▶ Your Child Nutrition Program Specialist:

Pg. 5

- They conduct your review
 - Contact for technical assistance
 - Question regarding the Manual and day-to-day CN questions
- ▶ **Call State Office with questions 405-521-3327**
- Claims
 - Application & Agreement

QUESTIONS?

*****If your username is a phone number on this call, please put your name in chat to receive credit.***

You will not be sent a CERTIFICATE. Your training attendance will appear in the Business Maintenance page as long as you registered in the Training Calendar

(Give us up to a week to get it posted)