



CACFP Infant Meal Pattern: Overview, Developmental Readiness and Documentation

Illinois State Board of Education
Child and Adult Care Food Program
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Presenters

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Training Goals

- Review CACFP Infant Meal Pattern, effective October 1st, 2017
- Discuss Developmental Readiness
- Suggested Best Practices
- Scenarios from the Field
- Q & A



Infant Meal Pattern

Emily Johnson, RD, LDN



Infant Meal Pattern

- October 1st, 2017
- 2 age ranges
 - Birth through 5 months
 - 6 months through 11 months
- Encourages and supports breastfeeding
- Solid food introduction when developmentally ready



Infant Meal Pattern Comparison

	PREVIOUS			UPDATED	
	0-3 Months	4-7 Months	8-11 MONTHS	0-5 MONTHS	6-11 MONTHS
Breakfast	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Lunch or Supper	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal 0-3 tbsp vegetable, fruit or both	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal; and/or 1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½ -2oz cheese; or 1-4 oz (volume) cottage cheese; or 1-4 oz (weight) cheese food or cheese spread; or a combination 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breast milk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Snack	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk, formula, or fruit juice 0-½ bread slice or 0-2 crackers	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk or formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* 0-2 tbsp vegetable, fruit or both*



Birth through 5 months

- Breastmilk or iron-fortified infant formula is the only meal component required.
- Serve a minimum of 4-6 fluid ounces of expressed breastmilk or iron-fortified infant formula.
- Feed on demand.





Breastfeeding On-Site

- If a mother breastfeeds her child at your day care site, you may claim that milk as part of a reimbursable meal as long as you provide all other required food components.
- If a parent provides pumped breastmilk for the infant, the meal is still reimbursement as long as the minimum serving size is offered.



Iron-Fortified Infant Formula

- Infant formula must be iron-fortified.
- Serve the minimum serving size of 4-6 ounces.
- Soy-based, Low Lactose and Lactose-free infant formulas are allowed.





6 months through 11 months

- Promotes developmental readiness
- Amounts of solid foods listed are provided as a range, such as 0-2 tablespoons.
- 3 components at breakfast, lunch, and supper
 - Breastmilk/Iron-fortified Infant Formula
 - Grains (Iron-fortified infant cereal or meat/meat alternative) **OR** Meat/Meat Alternates (or combination of both)
 - Vegetable or Fruit or a combination of both



Breakfast, Lunch or Supper

Breakfast	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk ¹ or formula ²	6–8 fl. oz. breastmilk ¹ or formula ²
Grains or meat/meat alternates, or a combination		0–4 tbsp. infant cereal, ² meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz. cheese; or 0–4 oz. cottage cheese; or 0–4 oz. (½ cup) yogurt ³ ; or a combination of the above ⁴
Vegetables, fruit, or both		0–2 tbsp. vegetables, fruit, or both ^{4,5}
Lunch or Supper	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk ¹ or formula ²	6–8 fl. oz. breastmilk ¹ or formula ²
Grains or meat/meat alternates, or a combination		0–4 tbsp. infant cereal, ² meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz. cheese; or 0–4 oz. cottage cheese; or 0–4 oz. (½ cup) yogurt ³ ; or a combination of the above ⁴
Vegetables, fruit, or both		0–2 tbsp. vegetables, fruit, or both ^{4,5}



Snack

Snack	
Birth through 5 months	6 through 11 months
4–6 fluid ounces breastmilk ¹ or formula ²	2–4 fluid ounces breastmilk ¹ or formula ² ; and 0–½ slice bread ⁶ ; or 0–2 crackers ⁶ ; or 0–4 tablespoons infant cereal ^{2,6} or ready-to-eat breakfast cereal ^{4,6,7} ; and 0–2 tablespoons vegetable or fruit, or a combination of both ^{4,5}



Developmental Readiness

Solid Food Introduction



"Tell me about yourself. Are you on solids?"



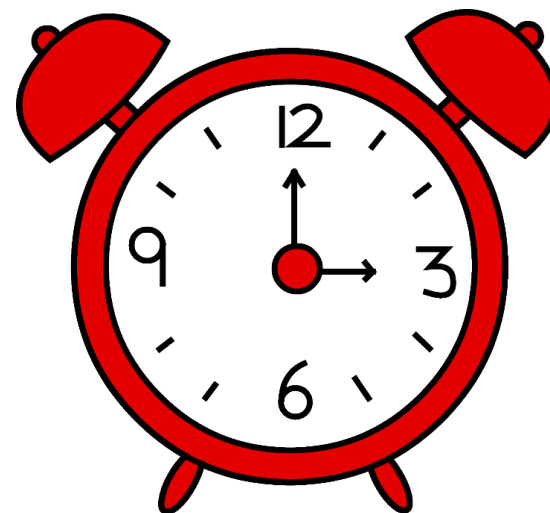
Developmental Readiness

- American Academy of Pediatrics (AAP)
 - Infants can begin solid foods at about 6 months old
 - By 7-8 months, infants can eat a variety of foods from different food groups
- Not every infant is ready
 - Solid food introduction should begin at 6 months if the infant is developmentally ready



Timing is Important

- Why should we wait?
 - Increased weight gain
 - Choking risk
 - Digestive difficulties
 - Should not replace breastmilk or formula
- How late is too late?
 - Negatively affect food acceptance
 - Reduce allergy protection
 - Undernutrition and poor growth/development





Signs of Developmental Readiness

- Head control
- Sitting with little or no support
- Tongue thrust and extrusion reflex
- Opens mouth and shows interest



Communication

- Communicate with the infant's caregivers.
- Utilize AAP guidelines
- Questions to ask:
 - Is your baby eating solid food?
 - What textures of foods does your baby eat?
 - Has your baby had a reaction to any food he/she has eaten?



USDA

United States Department of Agriculture

Food and Nutrition Service



For Parents: What Is Your Baby Eating? Let Us Know!

Today's Date _____

Baby's Name (first and last) _____

Baby's Birth Date _____

Parent's Name (first and last) _____

Is your baby eating solid foods? Yes No

What texture(s) of food do you give to your baby?



pureed



mashed



ground



finely chopped

Which of these foods does your baby currently eat?

Grains

- crackers
- iron-fortified infant cereal (check all that apply)
- barley cereal oat cereal
- wheat cereal rice cereal

ready-to-eat cereal (such as whole-grain o-shaped cereal)

pieces of bread/toast pieces of pita bread pieces of soft tortilla

Meat and Meat Alternates (Protein Foods and Dairy)

- beans beef pork chicken cottage cheese
- eggs fish turkey cheese yogurt shellfish

Which of these foods does your baby currently eat?

Vegetables

broccoli butternut squash cauliflower corn spinach peas

carrots sweet potatoes tomatoes green beans other: _____

Fruits

apples apricot bananas blueberries mangos

peaches pears prunes strawberries other: _____

What else does your baby eat? _____

Parent's Signature: _____

A handout from *Feeding Infants in the Child and Adult Care Food Program*
<https://teamnutrition.usda.gov> • FNS 786D • March 2019
 USDA is an equal opportunity provider, employer, and lender.

www.fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program



Communication

- **P** practice active listening
- **A**sk questions
- **R**espect
- **E**mpower and encourage
- **N**utrition
- **T**alk regularly



Key Points

- 2 age groups: Birth-5 months and 6-11 months
- Encourage breastfeeding
- Developmental Readiness
- Encourages communication



Suggested Best Practices

Shekila Smith, MPA



Provider Best Practices

Illinois Child and Adult Care Food Program Infant Solid Food Readiness Form

Child's Name _____

Date of Birth _____

Parents Name _____

The developmental readiness indicators and communication between the caregiver/provider, parent/guardian, and doctor are key factors in determining when to introduce solid foods.

Developmental Indicators	5 mos Yes or No	6 mos Yes or No	7 mos Yes or No	*8 mos Yes or No
1) Can the infant sit up with little or no help? <i>(in a high chair or feeding seat with good head control)</i>				
2) Does the infant open his/her mouth when food comes their way? <i>(tracking food on a spoon, reaching for food, eager to be fed)</i>				
3) Can the infant move food from a spoon into their mouth/throat? <i>(swallow without choking or gagging, little or no dribbling)</i>				

Solid Food Component Offered After Developmentally Ready

Iron Fortified Infant Cereal and/or Meat/Meat Alternate
Fruit and/or Vegetable

Date Introduced _____
Date Introduced _____

Parents must complete, date, and sign the bottom of this form when both solid food components have been successfully introduced to the infant. The provider must then start offering and recording all three required components on the infant menus for each meal service. *(Refer to the Infant Meal Pattern on the back of this form)*

My child, _____, is developmentally ready for all three required components in the 6-11 month old Infant Meal Pattern for the Child and Adult Care Food Program.

Date _____

Parent Signature _____

*A medical/physician statement should be on file for an 8 month old infant not developmentally ready

This form should be maintained by the caregiver/provider for each infant in care



Sponsor Best Practices

- Training:
 - Caregivers/providers should be trained to complete the Infant Solid Food Readiness Form for each infant in care.
 - Caregivers/providers should be trained that the Infant Solid Food Readiness Form must be available at home visit reviews and match claiming patterns.
- Infant menus for 6 month old infants and above not offering solid foods should receive a warning statement. The warning statement should remind caregivers when the Infant Solid Food Readiness Form is signed by the parent then solid foods must be entered on menus **and** meet the three component requirement at each meal service.
- Infant menus for 6 month old infants and above offering only one solid component should receive a warning statement. The warning statement should remind caregivers that solid foods must only be entered on menus when the Infant Solid Food Readiness Form has been signed by the parent indicating the infant is ready to receive all three components at each meal service.
- Sponsor procedures should be developed to review claims to ensure 8 month old infants are receiving all three components or have a medical/physician's statement on file.



Scenarios from the Field

Judy Foster



Day Care Home Scenario

- 7 month old infant present on the day of review at breakfast drinking a bottle.
- If baby is not fed according to meal pattern requirements for developmentally ready, ISBE will ask for documentation of communication with parent.



Day Care Home Scenario

- 9 month old baby is eating lunch on the day of review (cottage cheese and green beans)
- No solid foods on menu
- No documentation with parent regarding readiness for solid food



Menu Processing

- 8 month old infant
- Solid foods are listed randomly on the menus.
- Banana at p.m. snack, peas at lunch, infant cereal at breakfast.
- But no menu is complete for any meal.
- Infant is obviously eating solid foods.



Scenario Summary

- 6 months and older – written submitted menus must contain only IFIF/breast milk until infant is developmentally ready for 3 components.
- HOWEVER, documentation between provider and parents must be available for 6 months and older to show communication between provider and parent regarding the infant's readiness for solid foods.
- When infant is ready for solid food, all meals must contain 3 components.



Questions & Answers