INFANT MEAL PATTERN
REQUIREMENTS

Institute of Child Nutrition
Telephone: (800) 321-3054
Website: www.theicn.org/cacfpmp
E-Mail: helpdesk@theicn.org
“Welcome to the INFANT MEAL PATTERN REQUIREMENTS Training!”
Activity: Define Training Success
Logistics

- Ground rules
- Breaks
- Restroom location
- “Bike Rack” for questions
CACFP in the Last 50 Years

• Source for nutritious meals & snacks
  o Infants, children, & adults

• Shift in nutritional needs and eating habits
Purpose of the Update

• Align with the national standards

• April 2016: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010

• Enhance the overall nutritional quality of meals and snacks
Infant Meal Pattern Requirements Overview

• Meals are reimbursable when a mother breastfeeds on-site

• Features two age groups: Birth–5 months & 6–11 months

• Provides more nutritious meals and snacks
Question: Implementing Changes, Anxious or Nervous?
Transition Period

• October 1, 2017–September 30, 2018

• Allows for good faith effort to comply with updated requirements (only)

• Provides opportunities for training and other forms of technical assistance
Overview

• Connect the previous with the updated requirements
• Highlight previously implemented policies
• Explore policies effective October 1, 2017
Objectives

• Recall at least four changes to the updated infant meal pattern charts

• Summarize at least two requirements for serving breastmilk and infant formula

• State three strategies that support infants’ developmental readiness for solid foods

• Identify at least four new requirements for serving more nutritious solid foods
Pre-Assessment
Infant Meal Pattern
Previous vs. Updated Infant Meal Pattern Requirements
Changes in Age Groups

**Previous Age Groups**
- Birth–3 months
- 4–7 months
- 8–11 months

**Updated Age Groups**
- Birth–5 months
- 6–11 months
Question: What are some advantages to having two age groups?
Birth through the End of Five Months

- Breastmilk or infant formula is the only meal component required
- Benefits of breastmilk
  - Generally the best source of nutrients
  - Protects against illnesses and chronic diseases
- Serve a minimum of 4–6 fluid ounces of expressed breastmilk or infant formula
Promotes Developmental Readiness

- Delay the introduction of solid foods until around 6 months
- Most infants are not ready to consume solid foods until midway through the 1st year
- Introducing solid foods too soon increases risk of obesity
• Food components begin with “zero”
  o 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 food groups

Serving Sizes

0-2 oz.

0-4 tbsp.
Question: What were some of the FIRST FOODS introduced to infants in the past?
Allows More Nutritious Foods

• Foods from all food components

• Breakfast, Lunch, & Supper
  o Breastmilk or iron-fortified infant formula
  o Infant cereal, meat/meat alternates, or a combination of both
  o Vegetable or fruit, or a combination of both

• Snack
  o Breastmilk or iron-fortified infant formula
  o Grains
  o Vegetable or fruit, or a combination of both
Review of Changes

• What are the two age groups?

• What is the only required food or beverage for infants between the ages of birth through the end of five months?

• When can infants be introduced to solid foods?

• When infants are first introduced to solid foods, which food components are not allowed for a reimbursable meal or snack?
Breastmilk & Infant Formula

- Promote breastfeeding by allowing reimbursement when:
  - A parent/guardian supplies expressed milk
    - Milk that is produced and expelled from the breast
  - A mother breastfeeds her infant on-site
Serving Expressed Milk

• Breastfed infants may not consume the entire serving

• **Reimbursable:**
  o Offer less than the minimum serving size of breastmilk
  
  o Offer additional breastmilk later, if infant will consume more

• Feed on demand
Breastfeeding On-Site

Claim reimbursement for meals when a mother breastfeeds her infant at the child care site...
Documenting On-site Breastfeeding

• Write on the menu or meal count form:
  o “Infant was offered breastmilk”
  o “Breastfed on-site”
  o “Mother on-site”

• Contact your State agency for the best way to document on-site breastfeeding
Iron-Fortified Infant Formula

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

- Offer a **minimum of 1 type of iron-fortified infant formula**
- Formula must be regulated by FDA
  - It credits if marketed or purchased in the U.S.
  - May not credit if purchased outside U.S.
Serving Formula

• Infants may not drink the entire serving of formula
  o Reimbursable as long as the minimum serving size is offered

• Any leftovers should be properly stored in accordance with local health and safety requirements
Disabilities and Modifications

- Must make reasonable accommodations for participants with a disability
- CACFP 14-2017: Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program
- CACFP 06-2017: Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers
Medical Statements

• Required when modifications do not meet the meal pattern requirements

• Signed by a State recognized medical authority authorized to write medical prescriptions under State law
Medical Statements: What to Look for?

- Key factors:
  - Enough information about the participant’s disability
  - Recommends alternate food items
- Review it carefully and ask questions
- Keep medical statement(s) on file to receive reimbursement
Activity: Pair & Share
TIME FOR A BREAK
Importance of Developmental Readiness

• Serve solid foods when infants are developmentally ready

• Before, at, or after 6 months of age
Parent Communication

- The American Academy of Pediatrics developmental readiness guidelines
- Optional written statement
- Approved food components
American Academy of Pediatrics

- Sits in chair with good head control
- Opens mouth for food
- Moves food from a spoon into throat
- Doubles in birth weight
Optional Written Statement

• Request a written statement from parents or guardians:
  ○ outlining when & which solid foods to serve

• Follows the preferences of parents & guardians
Food Components

• Parents/guardians may provide only one creditable food component for a reimbursable meal
  o i.e., provide breastmilk = 1 component

• Operators must provide remaining components
Single Food Component

• Must be creditable and in the minimum serving size

• Not creditable if parent or guardian provides
  o two or more components
  o less than the minimum serving sizes
  o a non-credible food item
Question: What are some other topics to discuss with parents or guardians?
Introducing Solid Food(s)

- Solid foods must be offered after
  - developmentally ready AND communicated with parents

- Gradually introduce solid foods
  - One at a time
  - Over the course of a few days
Introducing Solid Food(s) (cont.)

• Prepare foods in the right texture and consistency

• Observe infants closely for reactions after feeding a new food
Activity: Apply in Three
TIME FOR A BREAK
Serving More Nutritious Foods

• Serve a vegetable or fruit at snack

• Juice, cheese food, and cheese spreads are no longer creditable items

• Yogurt and whole eggs credits as meat alternates

• Deep-fat frying is not allowed when cooking foods on-site
Vegetables & Fruits

• Great source of essential nutrients
  o i.e., fiber & vitamin C

• Minimum serving size: 0-2 tbsp.

• Required at all meals & snacks
  o Serve vegetable, fruit, or a combination of both
  o Increases consumption & allows for better acceptance later in life
Juice

- Lacks dietary fiber found in other forms of fruits & vegetables
- No longer credits toward a reimbursable meal for infants
Meat/Meat Alternates

- Meats
- Yogurt
- Cheese
- Whole eggs
- Dry beans
Yogurt

• Great source of protein

• Minimum serving size: 0-4 oz

• Maybe served during breakfast, lunch, or supper
Yogurt & Added Sugar

• Some have higher sugar content than others

• Must contain no more than 23 grams of total sugars per 6 oz
  ○ Applies to all age groups
Nutrition Facts Label

- Helpful for identifying nutritious foods
  - i.e., Yogurt
- Found on packaged foods
- Changes to Label
Key Terms

- **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
### Yogurt Sugar Limits

<table>
<thead>
<tr>
<th>Serving Size (Ounces)</th>
<th>Serving Size (Grams)</th>
<th>Sugar Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 ounces</td>
<td>64 grams</td>
<td>0-9 grams</td>
</tr>
<tr>
<td>3.5 ounces</td>
<td>99 grams</td>
<td>0-13 grams</td>
</tr>
<tr>
<td>4 ounces</td>
<td>113 grams</td>
<td>0-15 grams</td>
</tr>
<tr>
<td>5.3 ounces</td>
<td>150 grams</td>
<td>0-20 grams</td>
</tr>
<tr>
<td>6 ounces</td>
<td>170 grams</td>
<td>0-23 grams</td>
</tr>
<tr>
<td>8 ounces</td>
<td>227 grams</td>
<td>0-31 grams</td>
</tr>
</tbody>
</table>

Table Method: Yogurt
Table Method Steps

- Step 1: Find the Serving Size, in ounces (oz) or grams (g): 6 oz
- Step 2: Find the amount for Sugars: 19 grams
- Step 3: Find the serving size in the Sugar Limits Table.
**Table Method Steps (cont.)**

- **Step 4:** Look at the number to the right of the serving size, under the “Sugar Limit” column
  - Serving size: 6 oz
  - Total sugars: 19 grams

<table>
<thead>
<tr>
<th>Yogurt Sugar Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size (Ounces)</td>
</tr>
<tr>
<td>2.25 ounces</td>
</tr>
<tr>
<td>3.5 ounces</td>
</tr>
<tr>
<td>4 ounces</td>
</tr>
<tr>
<td>5.3 ounces</td>
</tr>
<tr>
<td>6 ounces</td>
</tr>
<tr>
<td>8 ounces</td>
</tr>
</tbody>
</table>
Is it Creditable?

Yes, it is creditable – 19 grams is between 0-23 sugar limit!

<table>
<thead>
<tr>
<th>Serving Size (Ounces)</th>
<th>Serving Size (Grams)</th>
<th>Sugar Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 ounces</td>
<td>64 grams</td>
<td>0-9 grams</td>
</tr>
<tr>
<td>3.5 ounces</td>
<td>99 grams</td>
<td>0-13 grams</td>
</tr>
<tr>
<td>4 ounces</td>
<td>113 grams</td>
<td>0-15 grams</td>
</tr>
<tr>
<td>5.3 ounces</td>
<td>150 grams</td>
<td>0-20 grams</td>
</tr>
<tr>
<td>6 ounces</td>
<td>170 grams</td>
<td>0-23 grams</td>
</tr>
<tr>
<td>8 ounces</td>
<td>227 grams</td>
<td>0-31 grams</td>
</tr>
</tbody>
</table>
**Serving Size in Grams**

**Serving size:** 1 container (170g)

**Sugars:** 19 grams

<table>
<thead>
<tr>
<th>Serving Size (Ounces)</th>
<th>Serving Size (Grams)</th>
<th>Sugar Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 ounces</td>
<td>64 grams</td>
<td>0-9 grams</td>
</tr>
<tr>
<td>3.5 ounces</td>
<td>99 grams</td>
<td>0-13 grams</td>
</tr>
<tr>
<td>4 ounces</td>
<td>113 grams</td>
<td>0-15 grams</td>
</tr>
<tr>
<td>5.3 ounces</td>
<td>150 grams</td>
<td>0-20 grams</td>
</tr>
<tr>
<td>6 ounces</td>
<td>170 grams</td>
<td>0-23 grams</td>
</tr>
<tr>
<td>8 ounces</td>
<td>227 grams</td>
<td>0-31 grams</td>
</tr>
</tbody>
</table>
Activity: Yogurt—Is it Creditable?
Whole Eggs

- AAP found no convincing evidence to delay foods considered major food allergens

- Whole eggs are now creditable for infant meals

- Minimum serving size: 0-4 tbsp.
Cheese

• Minimum serving size: 0-2 oz

• Cheese & cottage cheese

• Common examples
  o Shredded or sliced Swiss, Colby, & Monterey Jack
Cheese foods & cheese spreads are disallowed for infant meals & snacks...
Non-Creditable Cheese Foods

• Product packaging states:
  o “Imitation cheese”
  o “Cheese food”
  o “Cheese product”

• Common items
  o Cheese whips
  o Cheese with pimento
  o Cream cheese