



CREDITABLE FOODS FOR INFANTS

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Feeding Infants

A Guide for Use in the Child Nutrition Programs

CURRENT INFANT GUIDANCE

[FNS Instruction 258](#)

POLICY MEMOS



DATE: June 24, 2015

MEMO CODE: CACFP 14-2015 (v.2)

SUBJECT: Infant Feeding in the CACFP- Revised

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

Search: [USDA CACFP Policy](#)

- ❖ Obligation to Offer Infant Meals
- ❖ Breastmilk Storage
- ❖ Creditable Infant Formulas
- ❖ DHA Enriched Foods

SUMMARY OF FINAL RULE FOR INFANTS



Search: [USDA CACFP](#)
[Final Rule for Infants](#)
[Summary](#)

Old and New Infant Meal Patterns:

Let's Compare

	Old			New	
	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 0-8 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 1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 oz 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 breastmilk 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 0-8 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 or formula 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*

All serving sizes are minimum quantities of the food components that are required to be served. Centers and day care homes may choose to serve a larger quantity if nutritionally appropriate.

HIGHLIGHTS

Final Rule for the New Infant Meal Pattern

- ❖ Age group changes
 - Birth – 5 months
 - 6 months- 11 months
- ❖ Breastfeeding Support
- ❖ Meat Component Introduction

REIMBURSABLE MEALS FOR INFANTS

Required Infant Foods Offered & Parent Preferences Documented

At least one creditable Infant Food is provided by the Caretaker**

0-7 Months – All meals – 4-6/8 oz. Creditable BM*/IFIF fed by the Caretaker is Reimbursable when only the Milk Component required.

*BM – Parent/Guardian determines how much to offer. Minimum required amount at one time is not required.

All Infant Foods Declined by Parent/Guardian

0-7 Months – If Infant is exclusively Breastfed & on-site, the meal is not Reimbursable

4-7 Months when developmentally ready for solids – All meals are not Reimbursable except for Snack until 8 months

Breakfast
4-8 oz. BM*/IFIF
0-3 T IFIC

4 – 7 Months

Lunch/Supper
4-8 oz. BM*/IFIF
0-3 T. IFIC
0-3 T. Vegetable/Fruit

Snack
4- 6 oz. Creditable BM*/IFIF fed by the caretaker is Reimbursable

Breakfast
6-8 oz. BM*/IFIF
2-4 T. IFIC
1-4 T. Vegetable/Fruit

8-11 Months

Lunch
6-8 oz. BM*/IFIF
1-4 T. IFIC/M/MA
1-4 T. Vegetable/Fruit

Snack
2-4 oz. BM*/IFIF /Fruit Juice
0+ Bread or Cracker

**Will change with Proposed Rule

BM = Breast Milk IFIF = Iron Fortified Infant Formula IFIC = Iron Fortified Infant Cereal

FEEDING BREASTFED INFANTS



IRON FORTIFIED INFANT FORMULA (IFIF)

SEE CACFP 14-2015 (V.2)

Meal Pattern

Criteria

- Not an FDA Exempt Infant Formula
- Labeled with “Infant Formula with Iron” or similar statement
- Nutrition label indicates 1 mg iron/100kcal

Activity

Not creditable (require a medical statement)

- Low-iron Infant Formulas
- Follow-up Formulas
- Exempt Formulas
- Cow’s milk (See CACFP 14-2015 (v.2), Q & A #4)
- Goat’s milk, soy milk (usually called soy beverage)

Not Creditable

- Imitation milks, including those made from rice or nuts (such as almonds) or nondairy creamer
- Evaporated cow’s milk or home-prepared evaporated cow’s milk formula
- Sweetened condensed milk

TIP: CREATE A REFERENCE SHEET FOR COMMONLY REQUESTED FORMULAS

Infant Formulas that **DO NOT** require a Doctors Note



Similac Advance



Enfamil
Gentlease



Similac Sensitive



Enfamil AR



Similac Sensitive
for Spit-Ups



Enfamil
Supplementing



Enfamil Infant



Gerber Good
Start

Infant Formulas that require a Parent's Note (Acquired during enrollment or by Teachers prior to serving)



Enfamil ProSobee
Soy –Based



Similac Isomil Soy



Gerber Good Start
Soy

Infant Formula that **REQUIRES** a Doctors Note



Enfamil
Nutramigen LIPIL



Similac Expert Care
NeoSure



Similac Expert Care
Alimentum

IRON-FORTIFIED INFANT CEREAL— IFIC

Meal Pattern

Creditable

- Dry, iron-fortified (minimum of 45% Percent Daily Value) infant cereal
- Minimum amount is measured with dry IFIC
- Recommendation: IFIC is mixed with either BM or IFIF to a consistency that is consistent with the infant's developmental readiness
- Currently, IFIC must be offered for breakfast beginning at 4 months once the infant has been determined to be developmentally ready by the parent/guardian

Not creditable

- Jarred “wet” infant cereals
- Iron-fortified dry infant cereals containing fruit
- Cereals designed for older children and adults. These cereals are not recommended for babies
- Enriched farina, regular oatmeal, and corn grits
- Grains - Rice, pasta, bread, crackers, teething biscuits, pancakes, waffles, French toast, breakfast breads

Activity

CREDITABLE IFIC



Nutrition Facts

Serving Size: 3 Tbsp (14g)
Servings Per Container: About 14

Amount Per Serving

Calories 60

Total Fat 1g

Trans Fat 0g

Sodium 0mg

Potassium 0mg

Total Carbohydrate 11g

Dietary Fiber 1g

Sugars 0g

Protein 1g

% Daily Value

Protein 6% Vitamin A 0%

Vitamin C 10% Calcium 15%

Iron 80% Vitamin D 10%

Vitamin E 80% Thiamin 70%

Riboflavin 70% Niacin 70%

Vitamin B6 70% Folate 50%

Vitamin B12 60% Zinc 4%



INGREDIENTS: RICE FLOUR, CALCIUM CARBONATE, AND LESS THAN 2% OF: SOY LECITHIN, POTASSIUM PHOSPHATE, ASCORBIC ACID (VITAMIN C), **ELECTROLYTIC IRON**, ZINC SULFATE, ALPHA TOCOPHERYL ACETATE (VITAMIN E), NIACINAMIDE (A B VITAMIN), RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), VITAMIN B12, FOLIC ACID (A B VITAMIN).

DHA - SEE CACFP 14-2015 (V.2)

VEGETABLES & FRUITS – V/F

Meal Pattern

Creditable

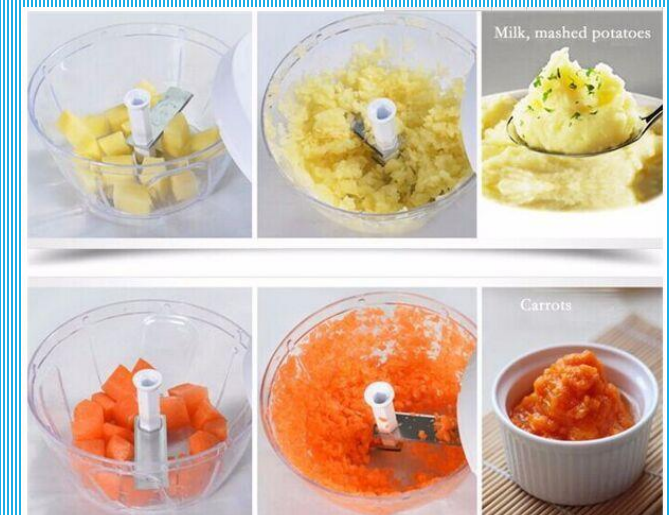
- **Commercially prepared** baby food, such as green beans, green peas, squash, sweet potatoes, carrots, beets, spinach, applesauce, apricots, bananas, peaches, pears, and plums must
 - ❖ list vegetable or fruit as the first ingredient in the ingredient listing on the label, or
 - ❖ list vegetable or fruit as the first ingredient and contain multiple vegetables, multiple fruits, or multiple vegetables & fruits
- **Home-prepared vegetables** (cooked and processed to the appropriate texture), such as asparagus, broccoli, cabbage, cauliflower, green beans, green peas, kohlrabi, plantain, potatoes, summer or winter squash, and sweet potatoes (See [FNS– 258](#), pg. 50, for vegetables that should not be offered before six-months)
- **Home-prepared fruits** (which can be mashed after peeling if ripe and soft), such as apricots, avocado, bananas, cantaloupe, mango, melon, nectarines, papaya, peaches, pears, and plums. Stewed pitted dried fruits can be pureed or mashed. Apples, pears, and dried fruits usually need to be cooked in order to be pureed or mashed easily.

Not creditable

- Jarred cereals, desserts, or puddings that list a fruit as the first ingredient in their ingredient listing
- Commercially prepared baby food vegetable or fruit with a label stating that the first ingredient is water

Activity

CREDITABLE V/F



Ingredients
organic apple puree, organic cherry puree, organic blueberry puree, water, ascorbic acid (vitamin C), organic lemon juice concentrate.

MEAT/MEAT ALTERNATE— M/MA

Meal Pattern

Creditable

- Meat and meat alternates include strained or pureed well-cooked lean beef, pork, lamb, veal, chicken, turkey, liver, and boneless fin fish
- Dairy – cheese & cottage cheese
- Cooked dry beans and peas
- Egg yolks

Not creditable

- Nuts & seeds and nut and seed butters
- Hot dogs, sausage, bacon, bologna, salami, luncheon meats, other cured meats, fried meats, and the trimmed fat and skin
- Commercial fish sticks, other commercial breaded fish products, canned fish with bones, hot dogs, and sausages
- “Baby food” meat sticks (which look like miniature hot dogs)
- Home-canned meats— these meats should not be served at all
- Commercially prepared baby food combination dinners
- Yogurt (See CACFP 14-2015, Q&A #8)

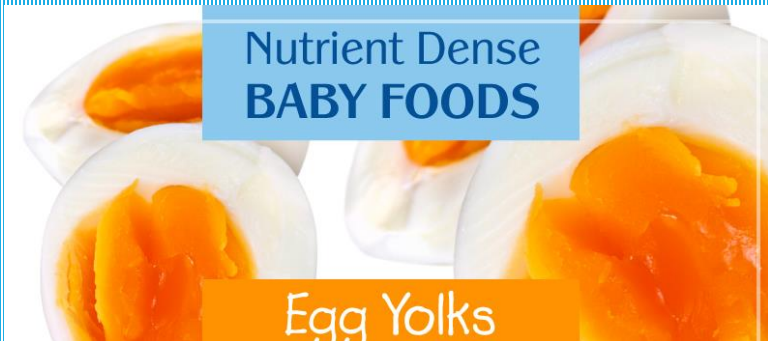
Activity

CREDITABLE MEAT/MA



Nutrient Dense
BABY FOODS

Egg Yolks



BREAD & CRACKERS

COMPONENT FOR 8-11 MONTH SNACK ONLY

Meal Pattern

Creditable

Must be whole-grain or enriched, dry, and without nuts, seeds, or hard pieces of whole grain kernels

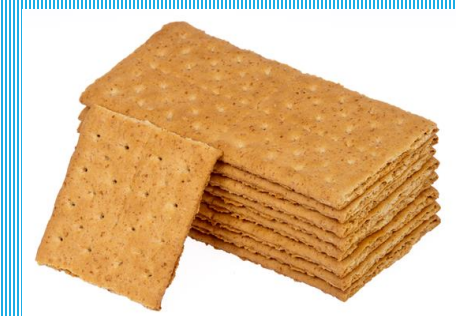
- Bread, Biscuits, Bagels, & Rolls
- English muffins, Pita bread, & Soft tortillas (wheat or corn)
- Crackers—saltines, low salt crackers, or snack crackers
- Graham crackers made without honey

Not creditable

- Snack potato or corn chips, pretzels, or cheese twists,
- Cookies or granola bars,
- Crackers or breads with seeds, nut pieces, or whole grain kernels such as wheat berries, and
- Whole kernels of cooked rice, barley, or wheat

Activity

CREDITABLE BREAD & CRACKER FOR INFANTS



OTHER FOODS OFFER BUT NOT CREDITABLE FOR INFANTS



DO NOT OFFER: HAZARDOUS TO INFANTS



CREDITABLE INFANT FOODS ACTIVITY

1. Purchase a selection of infant foods that are commonly purchased and served.

Include foods that are

- creditable for each component
- creditable with a medical statement
- not creditable but may be offered
- not creditable and should not be offered



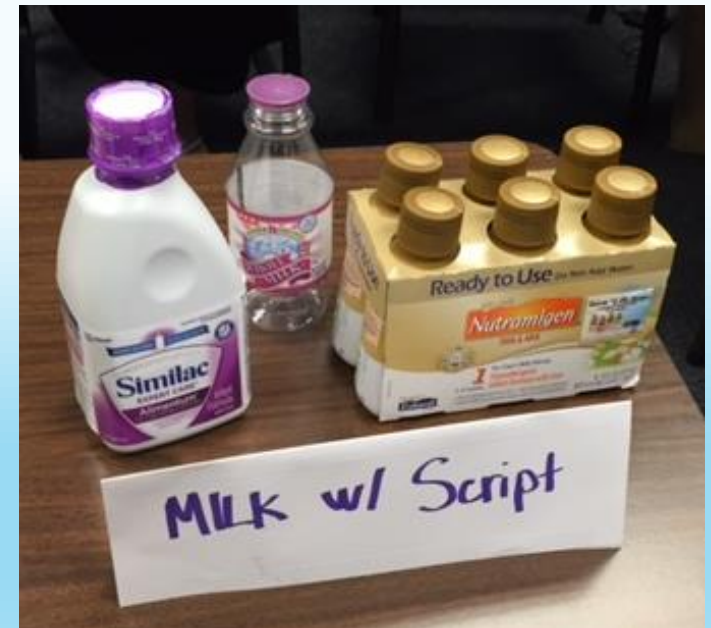
CREDITABLE INFANT FOODS ACTIVITY (CONT.)



2. Create placards for each component/category.
2. Display foods in no particular order.
3. Ask trainees to place food items behind correct placards.
4. Discuss placements & correct misplacements.



IFIF





IFIC

M/MA



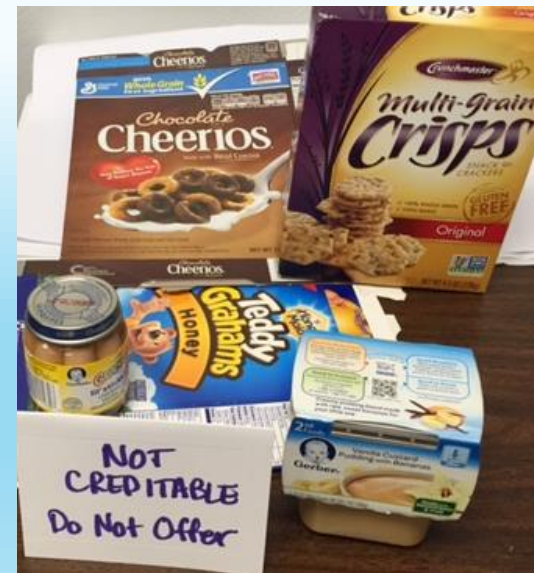
V/F



Breads &
Crackers



Not Creditable
but may be
Offered



Not Creditable
Do not Purchase
Do not Offer

TRAINING TIPS FOR CREDITABLE INFANT FOODS

Who

- Provide training to all staff who participate in providing reimbursable infant meals:
 - those who work with enrollees
 - those who purchase infant foods
 - those who deliver infant foods
 - those who prepare infant foods
 - those who feed infants

When

- Provide training for every infant age group immediately prior to the staff caring for the age group

TRAINING TIPS FOR CREDITABLE INFANT FOODS

What

- Required Documentation
- Meal Pattern for each infant age group
- Creditable Foods for each required component for each age group
- How to transition from the requirements of one age group to the next
- Provide scenarios that are common to the age group

References:

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- (3) email: program.intake@usda.gov.

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