

### Infant Meal Notification

Child Care Center Name:

Iron-fortified Infant Formula Offered by Center:

All children enrolled in this center, including infants, are eligible for meals through the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP). Child care centers in the program are reimbursed to help with the cost of serving nutritious meals to enrolled children. The meals must meet CACFP nutrition guidelines for children and infants. To meet CACFP requirements this center will provide formula and other foods for infants.

To help provide the best nutritional care for your infant, please complete the following information and return it to the center:

Infant's First and Last Name:	Infant's Date of Birth:
-------------------------------	-------------------------

I understand that the child care center will supply the above iron-fortified infant formula for infants according to the CACFP requirements. **\*Note: Child care centers may request parents to supply clean, sanitized, and labeled bottles on a daily basis.**

If you *formula-feed* your infant, place a check mark (✓) by only ONE of the following:

- I prefer to have the child care center supply formula. OR
- I will supply formula for my infant.

If you *breastfeed* your infant, place a check mark (✓) by only ONE of the following:

- I will supply expressed (pumped) breastmilk. OR
- I will supply expressed (pumped) breastmilk and have the child care center supply formula to supplement as needed. OR
- I will supply expressed (pumped) breastmilk and will supply formula to supplement as needed.

I understand the child care center will supply infant cereal and other foods for infants 4 months and older as they are developmentally ready according to the CACFP requirements. Infant foods include fruits/vegetables, meat/meat alternates, enriched bread or snack crackers, and 100% full strength juice that are creditable to the USDA Infant Meal Pattern.

Place a check mark (✓) by only ONE of the following:

- I prefer to have the child care center supply infant cereal and infant foods. OR
- I will supply infant cereal and infant foods for my infant.

**\*\*This facility has not requested or required me to provide infant formula or food for my infant. I understand that I have the choice of having my infant participate in the CACFP.**

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



## CACFP Infant Meal Pattern Birth through 11 Months



To comply with the Child and Adult Care Food Program regulations, it is the responsibility of child care centers caring for infants to purchase all required meal components on the Infant Meal Pattern according to the different age groups in care. The Infant Meal Pattern lists the minimum amount of food to be offered to infants from birth through 11 months. The infant meal must contain each of the following components in at least the amounts indicated for the appropriate age group in order to qualify for reimbursement. Food within the meal pattern should be the texture and consistency appropriate for the development of the infant and may be served during a span of time consistent with the infant's eating habits; for example, the food items for lunch might be served at two feedings between 12 noon and 2 p.m. Solid food should be introduced gradually to infants when developmentally ready and instructed by the parent.

Items on the following meal chart with a "\*" indicate the items are required and must be provided to the infant in order to claim reimbursement for that meal. Items listed under "When developmentally ready" are required only when the infant is developmentally ready to accept them.

Birth through 3 months	4 through 7 months	8 through 11 months
<b>Breakfast</b>		
<ul style="list-style-type: none"> <li>• 4-6 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 4-8 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul> <p style="text-align: center;"><u>When developmentally ready</u> 0-3 T infant cereal<sup>1</sup></p>	<ul style="list-style-type: none"> <li>• 6-8 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup> <b>and</b></li> <li>• 1-4 T fruit or vegetable or both <b>and</b></li> <li>• 2-4 T infant cereal<sup>1</sup></li> </ul>
<b>Lunch/Supper</b>		
<ul style="list-style-type: none"> <li>• 4-6 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 4-8 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul> <p style="text-align: center;"><u>When developmentally ready</u> 0-3 T infant cereal<sup>1</sup></p> <p style="text-align: center;"><b>and</b> 0-3 T fruit or vegetable or both</p>	<ul style="list-style-type: none"> <li>• 6-8 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup> <b>and</b></li> <li>• 1-4 T fruit or vegetable or both <b>and</b></li> <li>• 2-4 T infant cereal<sup>1</sup></li> </ul> <p><b>or in place of infant cereal you may serve a meat/meat alternate</b></p> <ul style="list-style-type: none"> <li>○ 1-4 T 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, cheese spread</li> </ul> <p><b>or you may also serve</b></p> <ul style="list-style-type: none"> <li>○ both the infant cereal and meat/meat alternate</li> </ul>
<b>Snack</b>		
<ul style="list-style-type: none"> <li>• 4-6 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 4-6 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup></li> </ul>	<ul style="list-style-type: none"> <li>• 2-4 fl oz formula<sup>1</sup> or breast milk<sup>2,3</sup> or fruit juice<sup>4</sup></li> </ul> <p style="text-align: center;"><u>When developmentally ready</u> 0-½ slice crusty bread<sup>5</sup></p> <p style="text-align: center;"><b>or</b> 0-2 crackers<sup>5</sup></p>

<sup>1</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>2</sup> Breast milk or formula, or portions of both, may be served; however, it is recommended breast milk be served in place of formula from birth through 11 months.

<sup>3</sup> For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered with additional breast milk offered if the infant is still hungry.

<sup>4</sup> Fruit juice must be full-strength.

<sup>5</sup> A serving of this component must be made from whole-grain or enriched meal or flour.