

As a Program in the CACFP, we must offer to supply all meal components of the Infant Meal Pattern.

We will supply the following items to your infant while in our care:

- One type of iron-fortified infant formula
- Iron-fortified infant cereal
- Baby foods and/or table foods in the appropriate textures for your infant

Parents/Guardians may choose to accept our supplied formula and/or foods or provide their own.

**Our Program will supply the following formula and infant foods:**



**Formula Supplied:** Parent's Choice Milk-Based Gentle

*Write in brand/type*

Parents/Guardians: You may choose to accept our supplied formula or provide an iron-fortified infant formula of your choice, expressed breast milk, or breastfeed your baby on-site.



**Iron-Fortified Infant Cereal Offered:**

Our Program supplies the following cereal(s):

- |  |   |   |
|--|---|---|
| <input checked="" type="checkbox"/> Rice | <input type="checkbox"/> Barley         | <input checked="" type="checkbox"/> Multi-Grain |
| <input type="checkbox"/> Wheat           | <input checked="" type="checkbox"/> Oat |   |



**Foods Offered:**

Our Program supplies the following foods:

- Store-bought baby foods
  - Fruits and vegetables
  - Meats
- Homemade baby foods (i.e. pureed whole foods)
- Table foods (i.e. foods from the regular menu)
- Grains (crackers, ready-to-eat cereal, bread)

## CACFP Infant Meal Pattern

CACFP infant meal pattern age groups encourage delaying the introduction of solid food until the infant is 6 months. However, the age when solid foods are introduced will depend on the infant. Infants develop at different rates - some infants are ready to consume solid foods before 6 months of age and others are ready after 6 months of age.

Food amounts listed in the meal pattern begin with zero (0) because USDA recognizes that not all infants are developmentally ready to eat solid foods at a certain age. It does not mean serving the food is optional. Once an infant is developmentally ready to eat solid foods, including infants younger than 6 months, programs are required to offer them to the infant.

Breakfast / Lunch / Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	6-8 fluid ounces breastmilk, iron fortified infant formula, or portions of both;  <b>AND</b> <i>(One or more items from the following*)</i>  0-4 tablespoons iron fortified infant cereal; OR 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans or cooked dry peas); OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese or yogurt  <b>AND</b> 0-2 tablespoons vegetable, fruit or a combination of both <i>(no juice)</i>
Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk, iron fortified infant formula, or portions of both	2-4 fluid ounces breastmilk, iron fortified infant formula, or portions of both;  <b>AND</b> <i>(One or more items from the following)</i>  0-½ slice bread; OR 0-2 crackers; OR 0-4 tablespoons iron fortified infant cereal or ready-to-eat breakfast cereal  <b>AND</b> 0-2 tablespoons vegetable, fruit, or a combination of both <i>(no juice)</i>

*\*Grain items (i.e. bread, pancakes, waffles, breakfast cereal, etc.) are not creditable foods at breakfast, lunch and supper in the infant meal pattern. They cannot be served in place of IFIC.*

### Additional Requirements

- Breastfed infants who consume less than the minimum amount of breastmilk per feeding may be served less than the minimum with additional breastmilk offered later if the infant will consume more.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Grains served at snack must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals served at snack must contain no more than 6 grams of sugar per dry ounce