

Feeding Infants: 0-5 Months

A Training Presentation for
Child and Adult Care Food
Program (CACFP) Operators



USDA's Team Nutrition



An initiative of the USDA's Food and Nutrition Service to support the USDA's Child Nutrition Programs.

Aims to improve children's lifelong eating and physical activity habits.

Provides nutrition education and training materials to State agencies, sponsoring organizations, and CACFP sites.



TeamNutrition.usda.gov



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**Let Us Know
Who You Are!**
I work for a...

- A. Child Care Center
- B. Family Child Care Home
- C. At-risk Afterschool Care Center
- D. Adult Day Care Center
- E. Sponsoring Organization
- F. Emergency Shelter
- G. School Food Authority
- H. State Agency
- I. USDA Regional Office
- J. Other

What is the CACFP Infant Meal Pattern?

	0-5 Months	6-11 Months
Breakfast	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 and peas; or 0-2 oz. cheese; or 0-4 oz. yogurt; or a combination 0-2 tbsp. vegetable, fruit, or both

Abbreviations:

fl. oz. = fluid ounces • tbsp. = Tablespoon • oz. = ounces

Infants 0-5 Months

	0-5 Months
Breakfast	4-6 fl. oz. breastmilk or formula
Lunch or Supper	4-6 fl. oz. breastmilk or formula
Snack	4-6 fl. oz. breastmilk or formula

Abbreviations:

fl. oz. = fluid ounces

Sample Breakfast Meal

4-6 fl. oz.
breastmilk or
infant formula

9:00 a.m.
2 fl. oz.

10:30 a.m.
4 fl. oz.



Do I give a baby breastmilk or formula?

**Speak with the baby's parents.
They may choose to:**

1. Use the iron-fortified infant formula you provide.
2. Decline the one you provide, and bring their own iron-fortified infant formula.
3. Provide breastmilk or breastfeed at your site.
4. Provide breastmilk and supplement with the iron-fortified infant formula you provide.
5. Provide breastmilk and provide their own iron-fortified infant formula.



You can claim the meal for reimbursement in any of these situations.

Iron-Fortified Infant Formula



You must offer at least one iron-fortified infant formula that is regulated by the Food and Drug Administration.

What if a Baby is Still Hungry?

Talk to the baby's parents.
You can:

- Encourage them to bring in a back-up supply of breastmilk.
- Ask if they would like you to offer iron-fortified infant formula to their baby.



Feed Babies On Demand

Feed a baby when he or she shows signs of hunger:

- Makes sucking noises
- Sucks on hands, fingers, toes
- Reaches for a bottle
- Rooting
- **Crying is a late sign of hunger**





Try It Out!
These are all
signs that a baby
is hungry, *except*:

Choose one of the following:

- A. Makes sucking noises
- B. Seals lips together
- C. Rooting
- D. Sucks on hands



Answer

These are all signs that a baby is hungry, *except*:

Choose one of the following:

- A. Makes sucking noises
- B. Seals lips together**
- C. Rooting
- D. Sucks on hands

Reading Signs of Fullness

Stop a feeding when you see one or more of these signs:

- Stops sucking or slows down sucking
- Falls asleep
- Turns head away
- Seals lips together
- No longer pays attention during the feeding





Try It Out!
These are all signs that a baby is full, *except*.

Choose one of the following:

- A. Falls asleep
- B. Seals lips together
- C. Stops sucking or slows down sucking
- D. Rooting



Answer

These are all signs that a baby is full, *except*.

Choose one of the following:

- A. Falls asleep
- B. Seals lips together
- C. Stops sucking or slows down sucking
- D. Rooting**

A Baby's Usual Eating Habits

- Offer the full minimum amount of breastmilk or infant formula when the baby is hungry.
- Some babies may eat less than what you offer – that's okay!
- Never force a baby to finish the bottle.





Try It Out!

Baby Zoe is rooting and is making sucking noises. Marta, her child care provider, can tell Baby Zoe is hungry. Marta prepares a bottle containing 6 fl. oz. of breastmilk. Baby Zoe is full after eating 3 fl. oz. of breastmilk and does not finish her bottle.

Can Marta still claim the 3 fl. oz. of breastmilk as a reimbursable meal?

- Yes
- No



Answer

Baby Zoe is rooting and is making sucking noises. Marta, her child care provider, can tell Baby Zoe is hungry. Marta prepares a bottle containing 6 fl. oz. of breastmilk. Baby Zoe is full after eating 3 fl. oz. of breastmilk and does not finish her bottle.

Can Marta still claim the 3 fl. oz. of breastmilk as a reimbursable meal?

Yes

No

Breastfeeding On-Site

- Offer mothers a clean, comfortable, and quiet place to breastfeed her baby.
 - Small room
 - Corner of a classroom
 - Office
- The space may include:
 - A pillow for mom to support baby
 - A foot stool
 - A comfortable chair





Try It Out!

Mom comes in around lunch to breastfeed her baby at your child care site. You don't know how much breastmilk the baby had since she was breastfed.

Can you claim this as part of a reimbursable lunch?

- Yes
- No



Answer

Mom comes in around lunch to breastfeed her baby at your child care site. You don't know how much breastmilk the baby had since she was breastfed.

Can you claim this as part of a reimbursable lunch?

Yes

No

Review

- Infant CACFP Meal Pattern (0-5months)
- Iron-Fortified Infant Formula
- Baby Hunger Signs
- Feeding Babies on Demand
- Reading Signs of Fullness
- A Baby's Usual Eating Habits
- Breastfeeding On-Site

Questions



How to Support Breastfeeding in the CACFP

A Training Presentation for
Child and Adult Care Food
Program (CACFP) Operators



Benefits of Breastfeeding

Breastfed babies may have:

- lower risk of asthma
- fewer ear and respiratory infections
- lower risk of SIDS
- fewer infections that cause vomiting and diarrhea
- lower risk of becoming obese
- and more!

Mothers who breastfeed may:

- have less blood loss after childbirth
- feel more relaxed
- have lower risk of ovarian and certain types of breast cancer
- have lower risk of Type 2 diabetes
- and more!

How the CACFP Meal Patterns Support Breastfeeding

- Provide reimbursement to CACFP operators if the mother breastfeeds on-site.
- Encourage mothers to supply breastmilk for their child while in child care.
- Offer a quiet, private area that is comfortable and sanitary for mothers who come to your child care site to breastfeed.



Creating a Breastfeeding-Friendly Environment

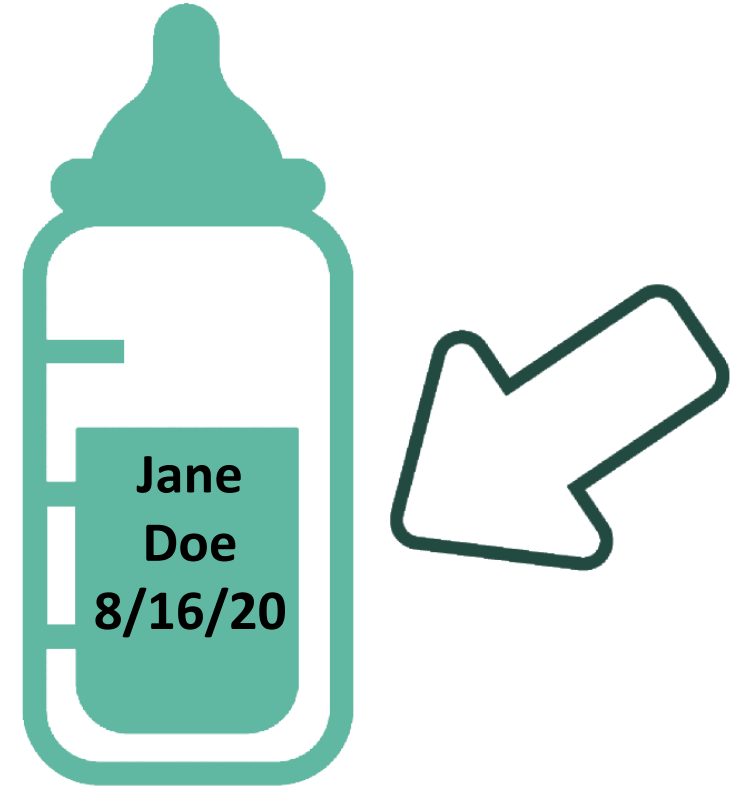
If possible, offer a quiet, comfortable place to breastfeed or pump that includes:

- Drinking water
- Pillow
- Disinfectant wipes
- Table
- Electrical outlet
- Stool
- Comfortable chair



Receiving Breastmilk at the Child Care Site

- Bottles should be labeled with:
 - Baby's full name
 - Date the breastmilk was pumped and thawed
- Bottles containing breastmilk should be kept in the refrigerator or freezer until it is time to feed the baby



If State child care licensing regulations or local health codes for handling and storing breastmilk are stricter, follow those regulations.

Storing Breastmilk at Your Child Care Site



If your State or local authorities have stricter regulations, follow those.

<u>Guidance</u>	<u>Countertop</u> 77 °F (25 °C) or colder (room temperature)	<u>Refrigerator</u> 40 °F (4 °C)	<u>Freezer</u> 0 °F (-18 °C) or colder
Freshly pumped breastmilk	Do not use after 4 hours	Do not use after 3 days (72 hours)*	Within 6 months is best. Do not use after 12 months.
Thawed breastmilk	Do not use after 1–2 hours	Do not use after 1 day (24 hours)	Never refreeze thawed breastmilk
Leftover from a feeding <i>(baby did not finish the bottle)</i>	Do not use after 2 hours after the baby is finished feeding.	Do not use after 2 hours after the baby is finished feeding.	Do not use after 2 hours after the baby is finished feeding.

*CACFP operators may store breastmilk in the refrigerator for up to 3 days (72 hours). This is stricter than the guidelines for storing breastmilk at home.



Try It Out!

How long can child care sites participating in the CACFP store freshly pumped breastmilk in the refrigerator?

- A. 1 day (24 hours)
- B. 6 months
- C. 3 days (72 hours)
- D. It cannot be stored





Answer

How long can child care sites participating in the CACFP store freshly pumped breastmilk in the refrigerator?

- A. 1 day (24 hours)
- B. 6 months
- C. **3 days (72 hours)**
- D. It cannot be stored



Storing Breastmilk at Your Child Care Site



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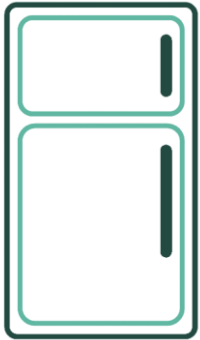
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*CACFP operators may store breastmilk in the refrigerator for up to 3 days (72 hours). This is stricter than the guidelines for storing breastmilk at home.

Thawing Frozen Breastmilk



Only thaw the amount of breastmilk needed for one feeding.



You can thaw frozen breastmilk:

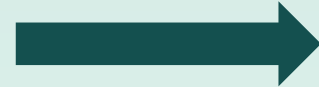
- In the refrigerator overnight
- In a container of warm water
- Under warm running water



Never thaw frozen breastmilk:

- At room temperature
- By mixing the frozen breastmilk with warm breastmilk
- By placing in boiling water
- By heating in a microwave

Storing Breastmilk at Your Child Care Site



If your State or local authorities have stricter regulations, follow those.

<u>Guidance</u>	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
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*CACFP operators may store breastmilk in the refrigerator for up to 3 days (72 hours). This is stricter than the guidelines for storing breastmilk at home.



Try It Out!

A bottle of breastmilk should be labeled with the baby's full name and the date(s) the breastmilk was pumped and thawed.

- True
- False





Answer

A bottle of breastmilk should be labeled with the baby's full name and the date(s) the breastmilk was pumped and thawed.

True

False

If State child care licensing regulations or local health codes for handling and storing breastmilk are stricter, follow those regulations.





Try It Out!

How can a child care provider safely thaw frozen breastmilk?

- A. Place the bottle in boiling water
- B. Place in refrigerator, thaw overnight
- C. Thaw at room temperature, up to 4 hours
- D. Heat in the microwave





Answer

How can a child care provider safely thaw frozen breastmilk?

- A. Place the bottle in boiling water
- B. Place in refrigerator, thaw overnight**
- C. Thaw at room temperature, up to 4 hours
- D. Heat in the microwave



Feeding the Breastfed Baby

- Bottles should remain in the refrigerator until it is time to feed the baby.
- Feed a baby when he or she shows signs of hunger.
- Gently swirl the breastmilk if needed. Do not shake.



Preparing a Bottle of Breastmilk

- A bottle of breastmilk does not have to be warmed before a feeding. If it is, it can be placed:
 - under warm running water, or
 - in a container of warm water
- Never put infant cereal or other foods or beverages in the bottle.



Bottle Feeding the Breastfed Baby

1. Hold the baby during feeding.
2. Brush the bottle's nipple across the baby's upper lip.
3. Use a slow flow bottle nipple and hold the bottle mostly sideways.



Bottle Feeding the Breastfed Baby

4. Burp the baby during natural breaks in the feeding.
5. Switch which arm you use to hold the baby throughout the feeding.
6. Stop the feeding when baby shows signs of fullness.



Review

- Creating a breast feeding-friendly environment
- Receiving breastmilk at a facility
- Storing breastmilk at a facility
- Thawing frozen breastmilk
- Feeding the breastfed baby

Questions



Feeding Infants: Starting with Solids

A Training Presentation for
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Developmental Readiness



Sits in a high chair with good head control.



Opens her mouth when foods come her way or reaches for food.



Uses her tongue to move food from the spoon into her mouth to swallow the food without pushing it out.

Feeding Solid Foods Too Early

Feeding solid foods before a baby is developmentally ready may increase the chance that he or she will:

- ✓ choke on the food.
- ✓ drink less breastmilk or infant formula than needed in order to grow.
- ✓ be overweight or obese later in life.





Try It Out!

Baby Jonathan is 5½ months old. He can sit when his mom holds him tight, but he does not have good head and neck control.

Is Baby Jonathan developmentally ready for solid foods?

- Yes
- No



Answer

Baby Jonathan is 5½ months old. He can sit when his mom holds him tight, but he does not have good head and neck control.

Is Baby Jonathan developmentally ready for solid foods?

- Yes
- No**



Try It Out!

Baby Kara is 5½ months old. She can sit up on her own with little assistance, has good head control, and keeps reaching for food when it is near. When Baby Kara tried a bite of food she was able to move it to the back of her throat to swallow.

Is Baby Kara developmentally ready for solid foods?

- Yes
- No



Answer

Baby Kara is 5½ months old. She can sit up on her own with little assistance, has good head control, and keeps reaching for food when it is near. When Baby Kara tried a bite of food she was able to move it to the back of her throat to swallow.

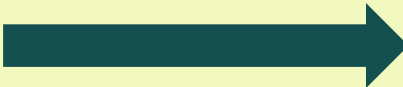
Is Baby Kara developmentally ready for solid foods?

Yes

No

Infant Meal Pattern

(breakfast, lunch, and supper)

Lunch or Supper	0 through 5 Months	6 through 11 Months
Breastmilk or Infant Formula	4-6 fl.oz. breastmilk or formula	6-8 fl.oz. breastmilk or formula
Grains or Meat/Meat Alternates, or a combination		0-4 tbsp. infant cereal; 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. (1/2 cup) yogurt; or a combination of the above
Vegetables, Fruit, or both		0-2 <u>tbsp.</u> vegetable, fruit, or both

What Are Solid Foods?

Foods that are easy and safe for a baby to eat once he or she is developmentally ready.



Pureed



Mashed



Ground



Finely chopped



Try It Out!

A parent asks you to start serving their 5-month-old baby solid foods at your child care site, but you know the infant meal pattern age groups are 0 through 5 months and 6 through 11 months.

If you serve the baby solid foods at 5 months, can you still claim reimbursement for his meals and snacks?

- Yes
- No



Answer

A parent asks you to start serving their 5-month-old baby solid foods at your child care site, but you know the infant meal pattern age groups are 0 through 5 months and 6 through 11 months.

If you serve the baby solid foods at 5 months, can you still claim reimbursement for his meals and snacks?

Yes

No

Solid Foods in the Infant Meal Pattern



iron-fortified dry infant cereals



fish



poultry



meats



whole eggs (yolk and whites)



cooked dry beans or peas



cheese and cottage cheese



yogurt



vegetables



fruits



ready-to-eat cereals (snack only)



breads and crackers (snack only)

Grains

- Iron-fortified infant cereal
 - Breakfast, lunch and supper, or snack
- Breads
 - Snack only
- Crackers
 - Snack only
- Ready-to-eat cereals
 - Snack only
 - Must meet the sugar limit (6 grams per dry ounce)



Choose Breakfast Cereals That Are Lower in Added Sugars

USDA
United States Department of Agriculture

Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic-links-state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

- Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size*	Sugars
If the serving size is: Sugars cannot be more than:	
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.
If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

Yummy Brand Cereal

Nutrition Facts

Serving Size 1/4 cup (30g)
Servings Per Container about 15


Amount Per Serving	Cereal
Calories	100
Calories from Fat	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 140mg	

Test Yourself:

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____
Sugars: _____
 Yes No

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.




fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets

Iron-Fortified Infant Cereal

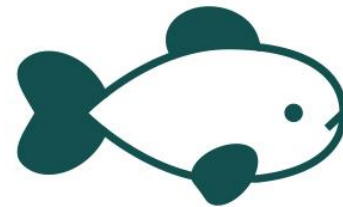
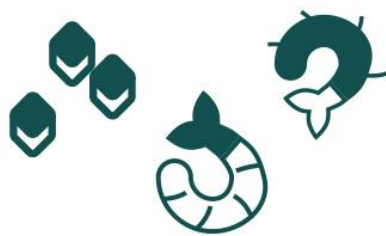
- Infant cereal must be iron-fortified
- Single and mixed-grain cereals are creditable
 - Offer single grain first, then mixed-grain
- To tell if an infant cereal is “iron-fortified”
 - It may say “iron-fortified” on the package
 - Look at the ingredient list
 - Iron
 - Ferric fumarate
 - Electrolytic iron
 - Iron (electrolytic)



INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT FLOUR, RICE FLOUR, WHOLE GRAIN RYE FLOUR, VITAMINS AND MINERALS: CALCIUM CARBONATE, VITAMIN C (ASCORBIC ACID), **IRON (ELECTROLYTIC)**, ZINC SULFATE, VITAMIN E (ALPHA TOCOPHERYL ACETATE), NIACINAMIDE*, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B12, FOLIC ACID*.

Meat and Meat Alternates

- Meats and poultry
- Fin fish and shellfish
- Whole eggs
- Beans and peas
- Cheese
- Cottage cheese
- Yogurt
 - must meet the sugar limit



**Prepare foods so that they are the right shape, size, and texture.*

Choose Yogurts That Are Lower in Added Sugars

USDA
United States Department of Agriculture

Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.

- Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.
- Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		
Sugars must not be more than:		
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

In the table, look at the number to the right of the serving size amount, under the "Sugars" column.
If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Nutrition Facts
Serving Size 8 oz (227g)
Servings about 4

Amount Per Serving	Calories from Fat 20	% Daily Value*
Calories 130		
Total Fat 2g		3%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 10mg		3%
Potassium 400mg		1%
Sodium 160mg		7%
Total Carbohydrate 21g		7%
Dietary Fiber 4g		17%
Sugars 9g		
Protein 10g		
Vitamin A 6%	Vitamin C 4%	
Calcium 35%	Iron 0%	
Vitamin D 6%		

Test Yourself:
Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)
Serving Size: _____
Sugars: _____
 Yes No

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.



fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets

Vegetables and Fruits



All vegetables and fruits can be offered.



Fruit and vegetable juices are not creditable.

- Includes 100% juice

**Prepare foods so that they are the right shape, size, and texture.*

Tips for Feeding a Baby Solid Foods

1. If using jarred baby food, spoon some out and put it in another bowl.
2. Sit and talk to the baby during the feeding.
3. If ready, let the baby feed him or herself.
4. Watch the baby during a feeding for signs of:
 - Allergic reaction
 - Choking
5. Throw away uneaten food.



Choking Prevention

Prepare foods so that they are the right shape, size, and texture:

- Grind tough meat
- Cook or steam food until soft
- Food should be no larger than ½-inch pieces or thin slices or strips
- Remove pits, seeds, skins, and peels from vegetables and fruit
- Remove bones from meats, poultry, fish



Parent Provided Food Component

If a parent brings in...	You must offer...
Breastmilk	All other solid food components
Iron-fortified infant formula	All other solid food components
A solid food component (for example pureed meat)	Iron-fortified infant formula All other solid food components



Try It Out!

You notice that a baby in your care is developmentally ready for solid foods, and the parents agree. The parents tell you that their baby has had pureed sweet potatoes at home, so you offer the baby some at child care. The baby takes one bite at lunch.

Can you claim the sweet potatoes as part of a reimbursable lunch?

- Yes
- No



Answer

You notice that a baby in your care is developmentally ready for solid foods, and the parents agree. The parents tell you that their baby has had pureed sweet potatoes at home, so you offer the baby some at child care. The baby takes one bite at lunch.

Can you claim the sweet potatoes as part of a reimbursable lunch?

Yes

No

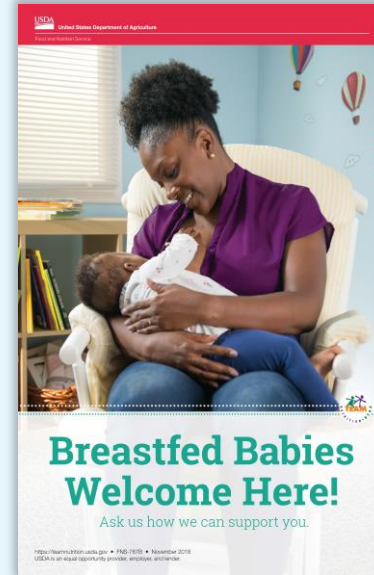
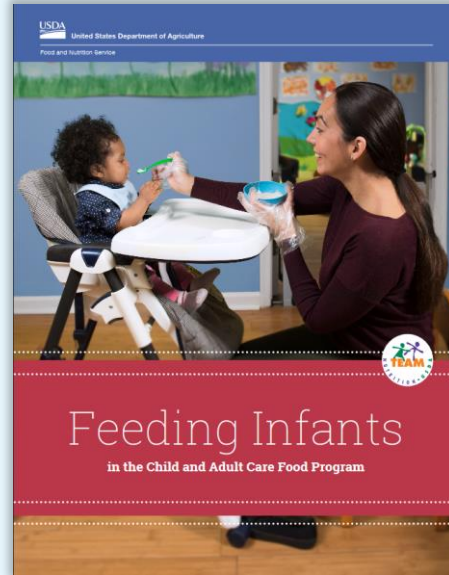
Review

- Developmental Readiness
- Infant Meal Pattern
- Types of solid foods
- Tips for feeding a baby solid foods
- Choking Prevention
- Parent Provided Food Component

Questions



More Team Nutrition Resources!



TeamNutrition.usda.gov

How To Order Print Copies

Resource Order Form at TeamNutrition.usda.gov.

- **FREE** for those participating in a USDA's Child Nutrition Program, while supplies last.
- Sponsoring organizations and State agencies can also order in bulk by sending an email to:



TeamNutrition@usda.gov



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To file a program complaint of discrimination, complete the USDA Program Complaint Form, (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov.

Thank you!



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