

Meal Pattern & Meal Service

CACFP ESSENTIALS SERIES

Infant Feeding Part 1 of 3

Training Hours: 0.5 Hours

www.azed.gov/hns



Arizona Department of Education (ADE)

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS).

Intended Audience

This training is intended for **organizations operating the Child and Adult Care Food Program (CACFP)**.



This is Infant Feeding Part 1 of 3 in the CACFP Essential Series.

Training Hours

This training counts toward Empower Program training requirements. It is listed on the Arizona Early Childhood Workforce Registry. If you want this training to appear on your Registry transcript, please provide your ID in the completion survey.

Length: 30 Minutes



Objectives

- 1** | **Infant Meal Pattern**
What is the infant meal pattern for meals and snacks?
- 2** | **On-Demand Feeding**
When are infants fed throughout the day? Is there a set mealtime for infants?





Feeding Infants in the CACFP Guide

1. CACFP infant meal pattern
2. Hunger and fullness signs
3. Handling and storing breastmilk and infant formula
4. Developmental readiness for solid foods
5. What is creditable
6. And more!



Words To Know

On-demand feeding

Responsive feeding

Solid foods

Reimbursable meal

Food components

Developmental readiness

- A. Name of a group of foods in a CACFP reimbursable meal.
- B. When a baby can control the muscles needed to eat solid foods.
- C. Meal or snack that meets CACFP meal pattern requirements.
- D. Understanding when a baby is hungry or full and responding to those signs.
- E. Foods other than breastmilk or infant formula that provide nutrients to the baby.
- F. Feeding a baby when he or she shows signs of being hungry.



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Infant Meal Pattern



Meal Pattern: Infant Age Groups

Two Infant Age Groups



Birth through 5 months



6 through 11 months



Age Groups

Breakfast	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 tbsp. vegetable, fruit, or both

Abbreviations
 fl. oz. = fluid ounces
 oz. = ounces
 tbsp. = tablespoons



Food Components

Breakfast	0 through 5 Months	6 through 11 Months
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Serving Size

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CACFP Infant Meal Pattern:

Breakfast

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Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both



CACFP Infant Meal Pattern:

Lunch/Supper

Lunch / 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 tbsp. vegetable, fruit, or both



CACFP Infant Meal Pattern:

Snack

Snack	0 through 5 Months	6 through 11 Months
Breastmilk or infant formula	4–6 fl. oz. breastmilk or formula	2–4 fl. oz. breastmilk or formula
Grains		0–½ slice bread; or 0–2 crackers; or 0–4 tbsp. infant cereal or ready-to-eat breakfast cereal
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both



Timing of Meals and Snacks

A meal or snack is reimbursable as long as **all** required food components are offered to the baby *during the course of the day* while the baby is in your care.

Breakfast	0 through 5 Months	6 through 11 Months
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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. (½ cup) yogurt; or a combination of the above
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both



Parent Provided Food Component

Parents can provide **one creditable food component** to count towards a reimbursable meal.



Parent: breastmilk or creditable infant formula

You: all other solid food components



Parent: one creditable solid food component

You: creditable iron-fortified infant formula
and
all other solid food components



Communicating with Parents



You can download the **For Parents** handouts:

<https://teamnutrition.usda.gov>



Knowledge Check

A father brings in organic pureed carrots for his 6-month-old baby to have at lunch. The baby is eating foods from all food components. As the childcare provider, what foods do you need to offer to the baby to claim reimbursement for lunch?

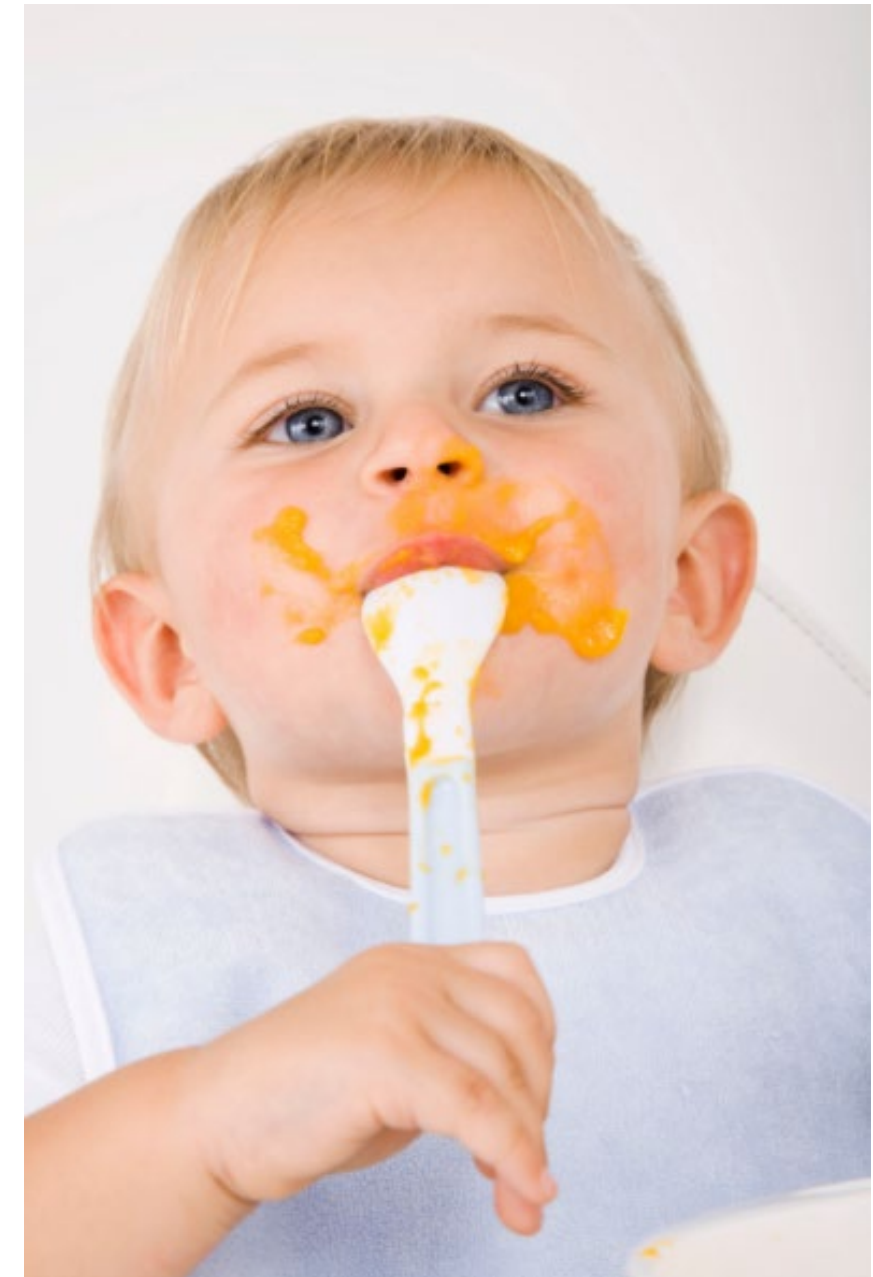
- A. Iron-fortified infant formula
- B. Crackers
- C. Iron-fortified infant cereal and/or a meat/meat alternate
- D. A and C



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- A. Iron-fortified infant formula
- B. Crackers
- C. Iron-fortified infant cereal and/or a meat/meat alternate
- D. A and C**



Knowledge Check

Yes or No?

A mother breastfeeds her 3-month-old baby before she brings him to childcare. He is asleep when he arrives and stays asleep until 10 a.m. You did not offer him breakfast since he was asleep. At 10:15 a.m. he shows signs of hunger. Can you claim the breakfast meal if you offer the baby 4-6 fluid ounces of breastmilk at 10:15 a.m.?



Knowledge Check

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Yes



Summary: Infant Meal Pattern

- 1 Meals and Snacks are made up of food components**
Meals and snacks are reimbursable when all food components are offered based on a baby's usual eating habits.
- 2 Serving Sizes are listed as a range of numbers**
The range of numbers is the minimum serving size.
- 3 Respond to Cues, Not the Clock**
There is no set meal or snack time for infants. Watch for hunger cues!
- 4 Communicate with Parents**
Talk with parents and guardians about how their baby communicates hunger and fullness and what foods are being offered at home.



On-Demand Feeding



Responsive Feeding: Responding to Signs



Feed when baby shows signs of **hunger**.



Stop feeding when baby shows signs of **fullness**.



How Can I Tell if a Baby is Hungry?

Table 1 How Can I Tell if a Baby Is Hungry?

Look for one or more of these hunger signs. Just remember, every baby is different! You might find a baby shows a combination of these or only one.



- Gets excited when he or she sees food



- Rooting



- Makes sucking noises and motions, or sucks on lips, hands, fingers, toes, toys, or clothing



- Moves head towards spoon or tries to bring food to his or her mouth



- Reaches or points to food



- Opens and closes mouth

Don't wait until the baby is crying before feeding him or her. It may be harder to get the baby to eat once he or she is upset. Look for some of the earlier signs of hunger above.



How Can I Tell if a Baby is Full?

Table 2 How Can I Tell If a Baby Is Full?

Look for one or more of these signs that the baby is full:



- Sucks slowly or stops sucking



- Turns head away



- Falls asleep



- Pushes food away



- Seals lips together



- Looks around and does not pay attention during a feeding

You will normally see more than one of these signs together. When you see more than one sign, it is time to stop the feeding. This gives the baby control over how much he or she eats during a feeding.



How Can I Tell if a Baby is Hungry or Full?



How Can I Tell if a Baby is Hungry or Full?



Scenario 1



How Can I Tell if a Baby is Hungry or Full?



Scenario 2



How Can I Tell if a Baby is Hungry or Full?



Scenario 3



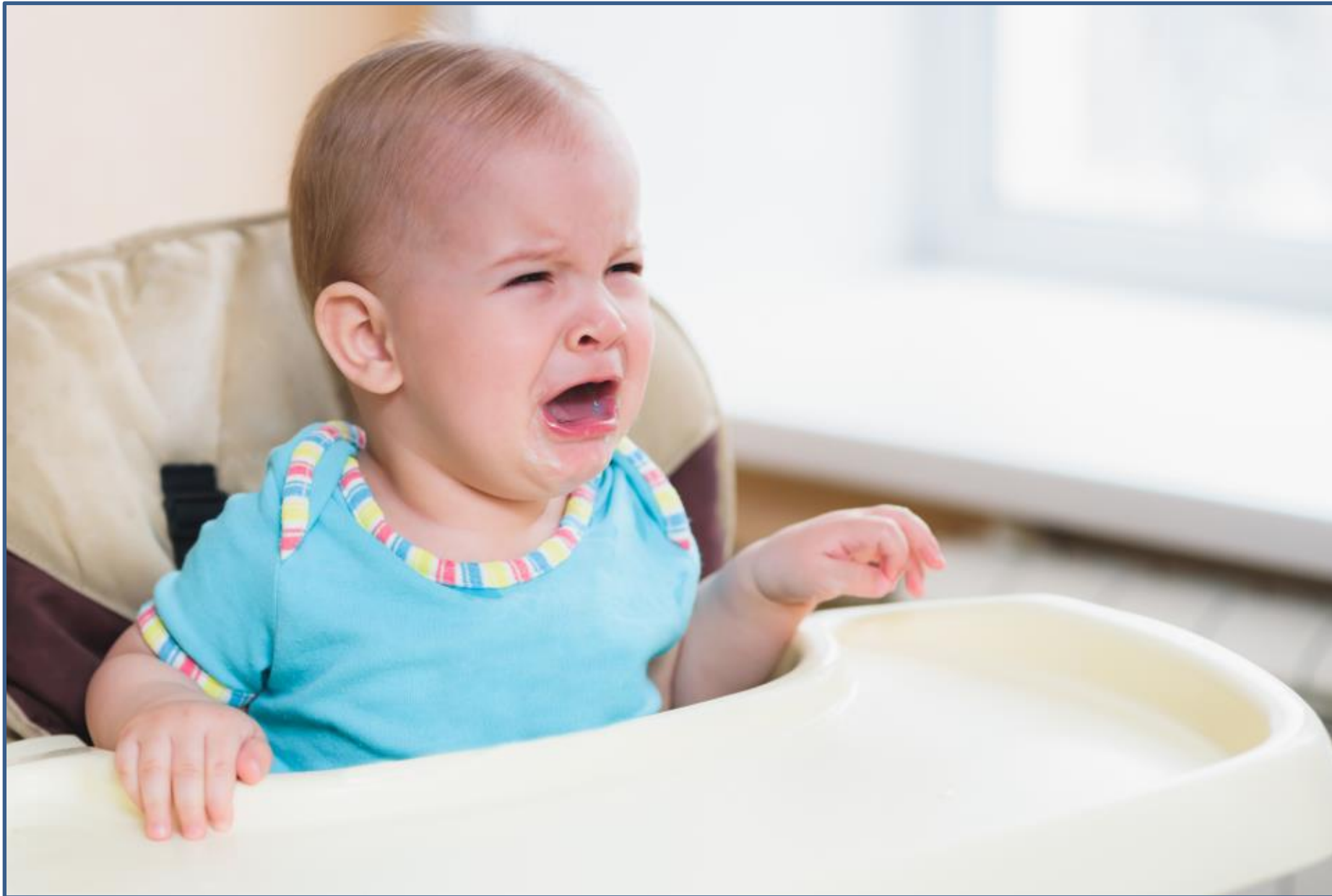
How Can I Tell if a Baby is Hungry or Full?



Scenario 4



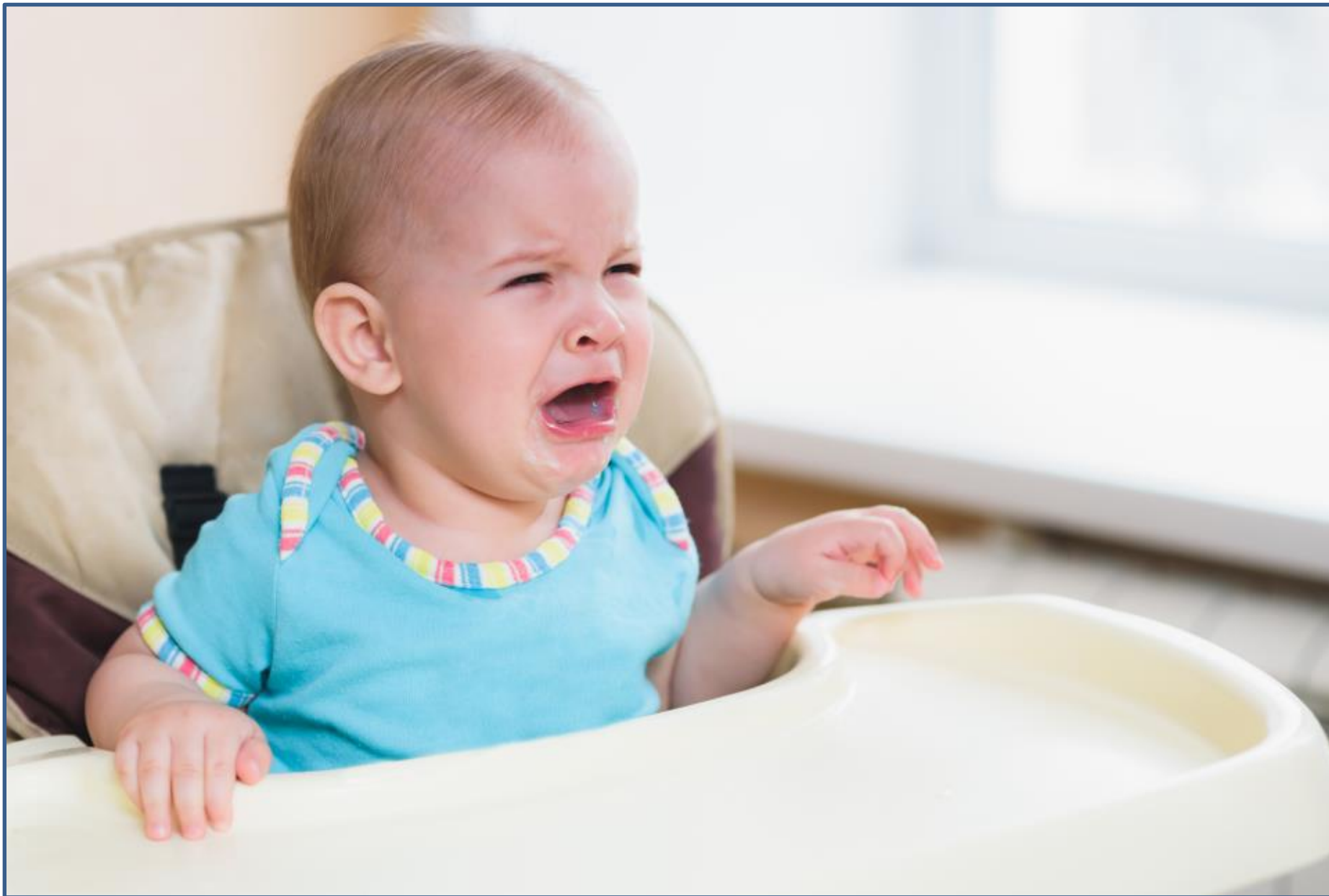
How Can I Tell if a Baby is Hungry or Full?



Scenario 5



How Can I Tell if a Baby is Hungry or Full?



Crying is a late sign of hunger.



Communicating With Parents

Scenario



Baby Talia is 2 months old and is new to your childcare center. She drinks breastmilk.

You want to get to know Baby Talia and what her usual eating habits are throughout the day.

You want to know how Baby Talia will let you know when she is hungry and how much breastmilk she usually drinks in a feeding.

What can you do?



For Parents: Breastfeeding? Tell Us About Your Breastfed Baby!

For Parents: Breastfeeding? Tell Us About Your Breastfed Baby!

As your child care provider, we want to make sure we are meeting your baby's needs. Please share how you know when your baby is hungry and what you feed your baby.

Today's Date _____

Baby's Name (first and last) _____

Baby's Birth Date _____

Parent's Name (first and last) _____

What signs does your baby give you to tell you that he or she is hungry?

- | | |
|--|---|
| <input type="checkbox"/> Opens and closes mouth | <input type="checkbox"/> Sucks hands and other objects |
| <input type="checkbox"/> Tries to bring food to his or her mouth | <input type="checkbox"/> Reaches or points to food |
| <input type="checkbox"/> Cries | <input type="checkbox"/> Makes sucking noises and motions |
| <input type="checkbox"/> Roots or turns his or her head and opens his or her mouth | |
| <input type="checkbox"/> Other _____ | |

How many fluid ounces of breastmilk does your baby usually drink when you feed him or her?

We will always feed your baby breastmilk if you provide it. If your baby is still hungry after we feed him or her the breastmilk, what would you like us to give your baby?

You are also welcome to bring a back-up supply of breastmilk that we can keep in the refrigerator or freezer.



Tip:

Remember: when you bring in breastmilk, please label the bottle with your baby's full name and the date you pumped the breastmilk.

We have a space for you to breastfeed at our child care site! Would you be interested in using it?

Yes

No

Let us know if you want to breastfeed your baby at pick up and we will make sure your baby is ready.

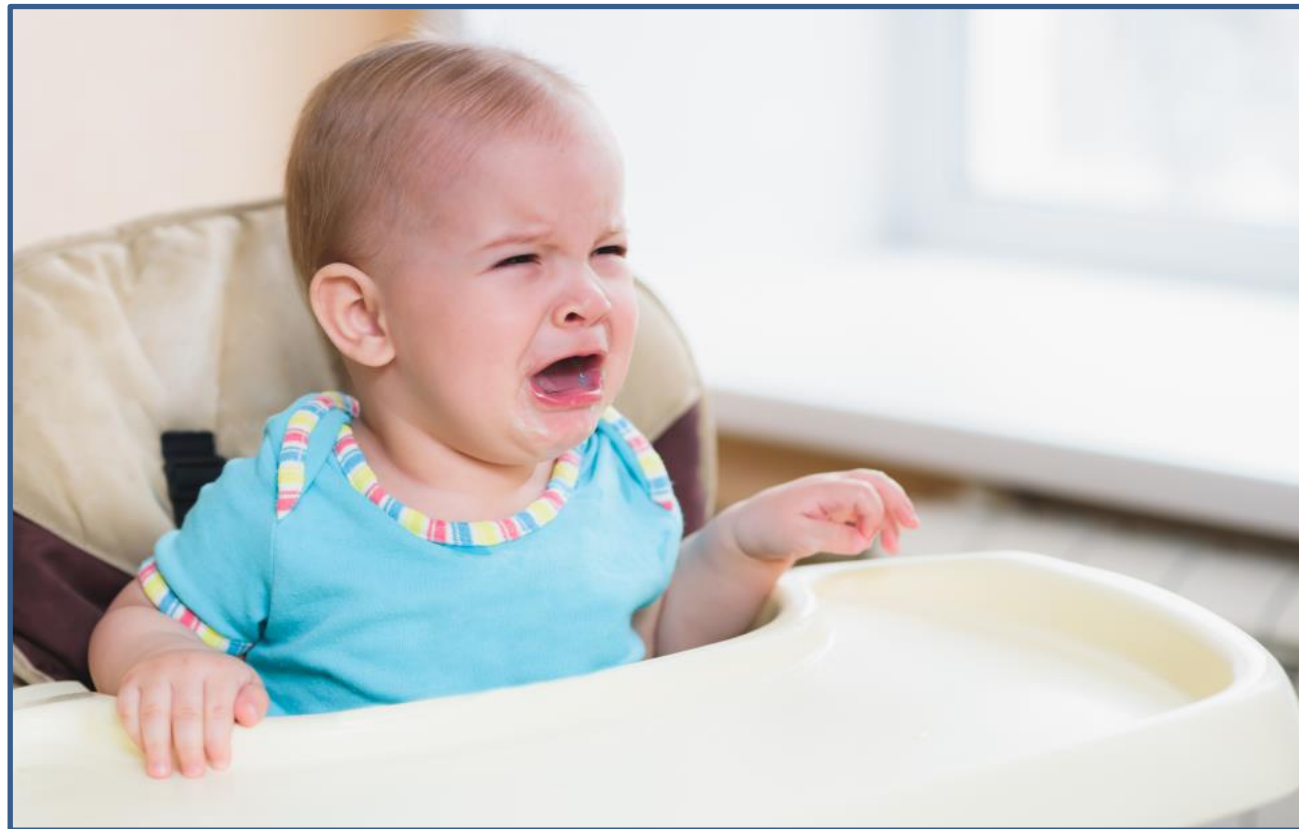
Parent's Signature: _____

A handout from *Feeding Infants in the Child and Adult Care Food Program*
<https://teamnutrition.usda.gov> • FNS 786B • March 2019
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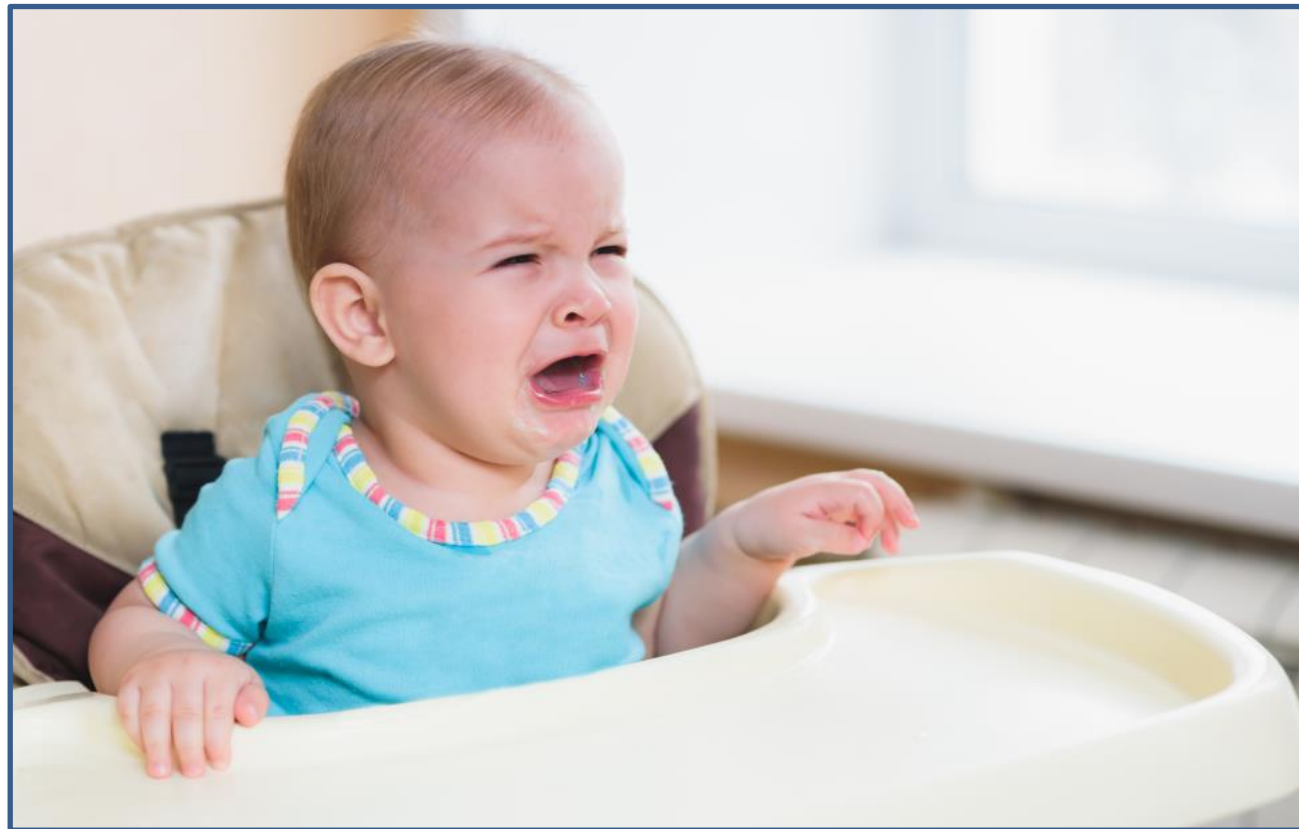
True or False?

Crying is one of the first signs that a baby is hungry.



True or False?

Crying is one of the first signs that a baby is hungry.



False. Crying is a late sign of hunger.



Which one is **not** a hunger cue?

All of these pictures show a baby giving a sign that he or she is **hungry**, except (choose one):



Makes sucking noises



Opens mouth for bottle



Sucks slowly or stops sucking



Rooting



Which one is **not** a hunger cue?

All of these pictures show a baby giving a sign that he or she is **hungry**, except (choose one):



Makes sucking noises



Opens mouth for bottle



Sucks slowly or stops sucking



Rooting



Which one is **not** a fullness cue?

All of these pictures show a baby giving a sign that he or she is **full**, except (choose one):



Pushing food away



Turns head away



Rooting



Seals lips together



Which one is **not** a fullness cue?

All of these pictures show a baby giving a sign that he or she is **full**, except (choose one):



Pushing food away



Turns head away



Rooting



Seals lips together



Summary: Responsive Feeding

- 1** **Babies may show one sign or a combination of signs**
Feed baby when shows signs of hunger and stop the feeding when baby shows signs of being full.
- 2** **Crying is a late sign of hunger.**
Meals and snacks are reimbursable when all food components are offered based on a baby's usual eating habits.
- 3** **Start a conversation!**
For Parents: Breastfeeding? Tell Us About Your Breastfed Baby!



Survey & Certificate



Training Certificate

Click the link at the top of your screen to complete a short survey and obtain your training certificate.



ADHS Empower Program

This training counts toward Empower Program training requirements.

Arizona Early Childhood Workforce Registry

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
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3. email: program.intake@usda.gov.

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