

Feeding Infants Breastmilk and Formula

CACFP ESSENTIAL SERIES

Infant Feeding Part 2 of 3
Training Hours: 0.75 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 2 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: 45 Minutes



Objectives

- 1** **Creating a Breastfeeding Friendly Environment**
Why support breastfeeding? How can a child care site support breastfeeding families?
- 2** **Feeding a Baby Using a Bottle**
What are some strategies to prevent choking when bottle feeding?
- 3** **Storing and Handling Breastmilk**
How long and at what temperature is breastmilk stored?
- 4** **Selecting, Storing, and Handling Infant Formula**
What infant formula does my organization need to provide? How do child care sites store and handle infant formula safely?





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!



Creating a Breastfeeding Friendly Environment in Child Care



Why Support Breastfeeding?



There are many benefits to breastfeeding

- Breastmilk helps a baby's immune system fight infections
- Mothers may have a lower risk of Type 2 Diabetes
- Changes in breastmilk taste may help baby accept new flavors
- And more!



CACFP Supports Breastfeeding Families

While the Mother Is Pregnant, You Can:



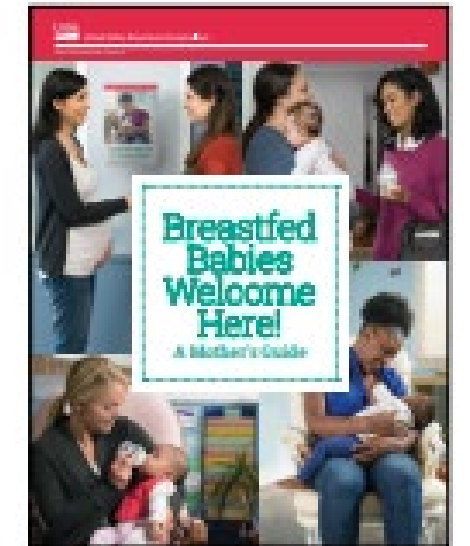
Share information about breastfeeding.

Give the “Breastfed Babies Welcome Here! A Mother’s Guide” to expectant mothers. This guide provides information about breastfeeding and how child care can support the mother’s efforts to continue breastfeeding even when she goes back to work or school.



Create an inviting space.

Display the “Breastfed Babies Welcome Here!” poster and message graphic to let families know your child care site is breastfeeding friendly. See “Creating a Breastfeeding-Friendly Environment” on **page 27** for more ideas.



CACFP Supports Breastfeeding Families



Breastmilk can be *claimed* as part of a reimbursable meal or snack when:

- Pumped breastmilk is offered
- Mother breastfeeds her baby at the child care site

Breastmilk can credit toward the fluid milk component at any age.



A Welcoming Environment



CACFP Best Practice

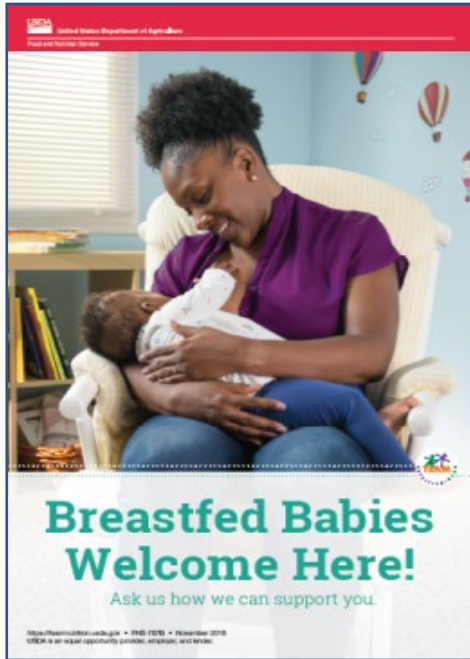
Offer mothers a clean, quiet place to breastfeed their babies.



Communicating with Parents



USDA



Knowledge Check

All of the following statements about the benefits of breastfeeding are true except which one?

- A. Breastmilk helps a baby's immune system fight infections, like ear infections
- B. Mothers that breastfeed may have a lower risk of Type 2 diabetes
- C. Families cannot help with feeding a breast-fed baby
- D. Babies taste different flavors in breastmilk, which may help babies accept new flavors later when they start eating solid foods.



Knowledge Check

All of the following statements about the benefits of breastfeeding are true except which one?

- A. Breastmilk helps a baby's immune system fight infections, like ear infections
- B. Mothers that breastfeed may have a lower risk of Type 2 diabetes
- C. Families cannot help with feeding a breast-fed baby**
- D. Babies taste different flavors in breastmilk, which may help babies accept new flavors later when they start eating solid foods.



Knowledge Check

A child care provider can support breastfeeding mothers by doing all the following, except which one?

- A. Let a mother breastfeed in the bathroom.
- B. Share information about the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- C. Display the “Breastfed Babies Welcome Here!” Poster and message graphic at the child care site
- D. Encourage mothers to continue breastfeeding even when they go back to work or school



Knowledge Check

A child care provider can support breastfeeding mothers by doing all the following, except which one?

- A. Let a mother breastfeed in the bathroom.**
- B. Share information about the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- C. Display the “Breastfed Babies Welcome Here!” Poster and message graphic at the child care site
- D. Encourage mothers to continue breastfeeding even when they go back to work or school



Summary: Breastfeeding Friendly

- 1** | Breastfeeding has many benefits for babies, mothers, and families.
- 2** | Support breastfeeding mothers by creating a welcoming space to breastfeed, sharing the “Breastfed Babies Welcome Here!” toolkit, and sharing WIC resources.



Feeding a Baby Using a Bottle



What should infants drink?



Breastmilk and iron-fortified formula

- For all Infants 0-11 months of age
- Are the only two liquids creditable in the CACFP infant meal pattern
- Important! Do not put cereal in the bottle

Water

- Infants can be offered water starting at around 6 months once solids are introduced.



Prevent Choking



Drops from nipple should **follow each other closely**; not a stream.



Hold baby **almost upright**.



Prevent Choking



Hold baby **almost upright** to:

- Keep baby secure;
- Help prevent baby from choking or getting too much liquid at once;
- See if baby is showing signs of hunger or fullness.

Never prop a bottle with a pillow or other item.

This can lead to tooth decay and ear infections and possibly cause choking.



How to Bottle Feed



- Brush nipple of bottle across baby's upper lip. Wait for the baby's mouth to open before feeding!
- Hold baby during feeding.
- Hold bottle mostly sideways, not straight up. *Do not prop the bottle.*
- Burp during natural breaks or at the end of feeding

Switch which arm you use to hold the baby. Use a slow flow bottle nipple to help baby control how much they eat and reduce spit ups.



Summary: Bottle Feeding

- 1** | Breastmilk and iron-fortified infant formula are the only reimbursable liquids in the CACFP.
- 2** | There are many best practices and ways to prevent choking when feeding with a bottle.



Storing and Handling Breastmilk at a Child Care Site



Breastmilk: Look and Smell



What does breastmilk look and smell like?

- It may look and smell different each day
- Color can change based on what mother eats or baby needs
- A blue, yellow, or green color is normal
- It is thinner than infant formula, especially if the fat is separated



Breastmilk Storage Time and Temperature

Table 5: Maximum Storage Time and Temperature

	Countertop 77 °F or Colder (25 °C)	Refrigerator 40 °F (4 °C)	Freezer 0 °F or colder (-18 °C)
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 (baby did not finish the bottle)	Do not use after 2 hours after the baby is finished feeding.		

If State or local authorities, including child care licensing, have stricter health and safety regulations for handling and storing breastmilk, then follow those regulations.

*In the CACFP, you may only store breastmilk in the refrigerator at a child care site for no longer than 3 days (72 hours). This is stricter than home storage.



Handling Breastmilk

Label

- Infant's first and last name
- Date pumped/thawed

Safe Handling

- Keep refrigerated until needed for a feeding
- Cool fresh breastmilk in the refrigerator before mixing with cold breastmilk



If State or local authorities, including child care licensing, have stricter health and safety regulations for handling and storing breastmilk, then follow those regulations.



Handling Frozen Breastmilk

Thaw amount needed for one feeding

- Refrigerator
- Warm Water

Write date thawed on bottle

Do NOT:

- Thaw at room temperature
- Mix with warm breastmilk
- Place in boiling water
- Do not heat in a microwave!



If State or local authorities, including child care licensing, have stricter health and safety regulations for handling and storing breastmilk, then follow those regulations.



Storing Breastmilk

Safe Storage

- Store at the back of the refrigerator
- Refrigerate at 40 degrees F or below



If State or local authorities, including child care licensing, have stricter health and safety regulations for handling and storing breastmilk, then follow those regulations.



Storing Fresh Breastmilk: Let's Practice!



Storing Fresh Breastmilk: Let's Practice!



Preparing Breastmilk for Feeding



Make sure the name on the bottle matches the baby's name!

Keep the breastmilk safe! Do not use:

- **Fresh** breastmilk that has been in the refrigerator longer than 72 hours
- **Thawed** breastmilk stored in the fridge longer than 24 hours
- **Unused** breastmilk left in the bottle 2 hours after the baby finished a feeding



Minimum Serving Size: Breastmilk

If the baby usually drinks **less than the minimum** amount of breastmilk required in the CACFP, parents can make a bottle with only the amount the baby usually drinks in one feeding to prevent or reduce waste.



Minimum Amount of Breastmilk Required in the CACFP Infant Meal Pattern

0 through 5 Months

- 4–6 fl. oz. / Meal
- 4–6 fl. oz. / Snack

6 through 11 Months

- 6–8 fl. oz. / Meal
- 2–4 fl. oz. / Snack



Communicating with Parents

Start a conversation! Talk with parents:

- Refrigerate or freeze breast milk right after it's pumped
- Label the bottle with baby's full name and date pumped/thawed
- If possible, fill bottles with the minimum amount of breastmilk needed in the CACFP meal pattern for baby's age
- Transport breastmilk at a safe temperature

Provide Amount for Baby's Age

0 through 5 Months

- 4–6 fl. oz. / Meal
- 4–6 fl. oz. / Snack

6 through 11 Months

- 6–8 fl. oz. / Meal
- 2–4 fl. oz. / Snack



Communicating with Parents

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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Knowledge Check

True or False?

Bottles of breastmilk can be served cold from the refrigerator and do not have to be warmed



Knowledge Check

True or False?

Bottles of breastmilk can be served cold from the refrigerator and do not have to be warmed

True



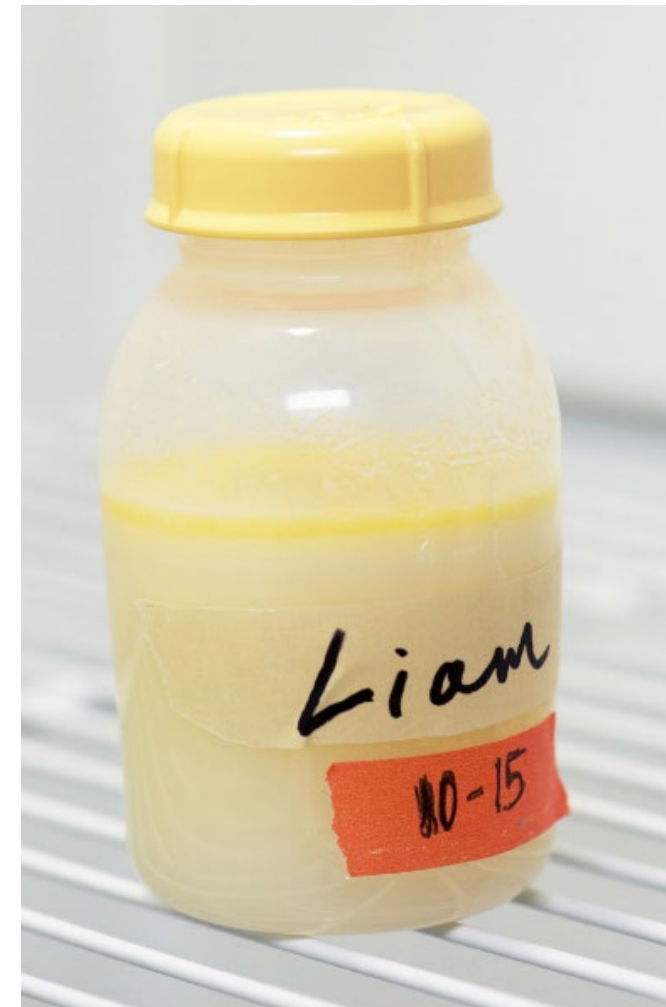
Scenario 1



Knowledge Check

Fresh breastmilk can be refrigerated at a CACFP site at 40 degrees F (or below) for up to _____ hours.

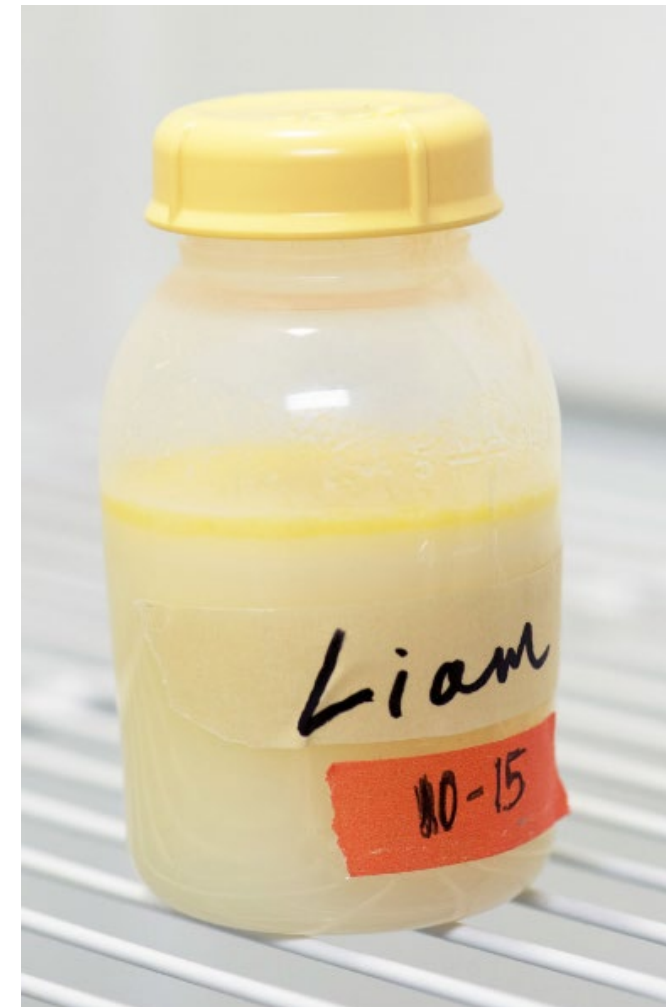
- A. 24
- B. 36
- C. 48
- D. 72



Knowledge Check

Fresh breastmilk can be refrigerated at a CACFP site at 40 degrees F (or below) for up to _____ hours.

- A. 24
- B. 36
- C. 48
- D. 72**



** 72 hours (3 days). Per policy memorandum CACFP 02-2018: Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers, this is the storage time for breastmilk in a child care setting.*



Knowledge Check

You can safely thaw a container of breastmilk using each of these methods **except** which one?

- A. Under warm running water
- B. In a container of warm water
- C. In a microwave
- D. In a refrigerator overnight



Knowledge Check

You can safely thaw a container of breastmilk using each of these methods **except** which one?

- A. Under warm running water
- B. In a container of warm water
- C. In a microwave**
- D. In a refrigerator overnight



Summary: Breastmilk

- 1** | Breastmilk is the best source of nutrition for babies. It is easy to digest and helps keep babies healthy by boosting the baby's immune system.
- 2** | It is important to know how to properly store and handle fresh and frozen breastmilk.
- 3** | Start a conversation with parents! Share best practices for bringing breastmilk to the child care site. Share the 'Mother's Guide' and 'Tell Us About Your Breastfed Baby!' Handout.



Selecting, Storing, and Handling Infant Formula at a Child Care Site



Selecting Infant Formula



All organizations participating in the CACFP must offer **at least one** iron-fortified infant formula regulated by the FDA.




Selecting Infant Formula



Communicating with Parents

USDA
United States Department of Agriculture
Food and Nutrition Service

 For Parents: Feeding Your Baby Infant Formula? Tell Us More!

Today's Date _____ Baby's Name (first and last) _____

Baby's Birth Date _____ Parent Name (first and last) _____

How does your baby let you know that he or she is hungry? _____

Child Care Providers, please fill out the following:

At our child care site, we offer _____ type of iron-fortified infant formula.

What infant formula would you like us to serve your baby? Please answer below.

Please give my baby the infant formula you have at the child care site.

I will provide breastmilk. Please *do not* give my baby the infant formula you have at the child care site.

My baby has a disability and needs a special infant formula.

Thank you for letting us know! We will be reaching out to you for more information about your baby's disability.

My baby does not have a disability, but I want to provide different infant formula than the one you have at the child care site. Please *do not* give my baby the infant formula you have at the child care site.

Thank you for letting us know! Since we participate in the Child and Adult Care Food Program (CACFP), the infant formula served in our site and the one you provide must be iron-fortified. To tell if a formula is iron-fortified, look for "Infant Formula With Iron," or a similar statement on the front of the formula package. It must also be purchased in the United States.

Parent's Signature: _____

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34 | Chapter 3 • Feeding the Formula-Fed Baby



Arizona Menu Modifications Form



Child and Adult Care Food Program Participant Menu Modification

This center participates in the Child and Adult Care Food Program (CACFP) and serves meals and snacks in accordance with CACFP regulation. Menu modifications are *required* for any participant who discloses a food allergy, intolerance, medical condition, or any major bodily function affected by a food item. All required menu modifications must reasonably accommodate a participant's need. Menu modifications are *optional* for any participant who has a non-medical personal preference and an accommodation may be made at the customer service discretion of the center.

Section 1. Assessment – To Be Completed by the CACFP Center			
Participant's First & Last Name			Date of Birth
Discuss the modification request with the parent/guardian. Assess if an accommodation is required & if it meets the meal pattern.			
<input type="checkbox"/> Modification meets the CACFP Meal Pattern		<input type="checkbox"/> Modification does <u>not</u> meet the CACFP Meal Pattern	
Required Accommodation	or	Optional Accommodation	Required Accommodation
<input type="checkbox"/> Reported Food Allergy		<input type="checkbox"/> Non-Medical Personal Preference	<input type="checkbox"/> Reported Food Allergy
<input type="checkbox"/> Reported Food Intolerance			<input type="checkbox"/> Reported Food Intolerance
<input type="checkbox"/> Reported Major Bodily Function Affected		<i>No medical reason for the request. Accommodating this preference request is a center's customer service decision.</i>	<input type="checkbox"/> Reported Major Bodily Function Affected
Center Representative Name		Signature	

<input type="checkbox"/> <i>Modification meets the CACFP Meal Pattern</i> Section 2 must be completed by Parent/Guardian	<input type="checkbox"/> <i>Modification does <u>not</u> meet the CACFP Meal Pattern</i> Section 2 must be completed by Parent/Guardian <u>and</u> request Medical Authority Documentation
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Section 2. Documentation – To Be Completed by Parent/Guardian		
List the food(s) to be omitted from the diet and the food(s) that should be provided instead:		
Food(s) to be avoided	Allowable Modification(s)	Additional instructions, requirements, or modifications such as special equipment, texture, thickness, etc.
Explain how exposure to the food(s) affects the participant:		
Parent/Guardian Name		Date
Parent/Guardian Signature		

Updated: July 2019

This institution is an equal opportunity provider.

Child and Adult Care Food Program Participant Menu Modification

Section 3. Negotiation of Accommodation(s)	
Negotiation: Center-Provided Reasonable Accommodation (Menu Modification)	
<i>Note: Required Reasonable Accommodations are not necessarily the accommodation requested (e.g. a preferred brand)</i>	
The center will provide:	Indicate Specific Brand if applicable:
<input type="checkbox"/> Parent/Guardian accepts accommodation <i>The center is incurring the cost of the reasonable menu modification that is being provided.</i>	<input type="checkbox"/> Parent/Guardian does not accept accommodation <i>The parent/guardian is requesting an accommodation beyond the reasonable accommodation provided by the center. The parent/guardian is incurring the cost of the menu modification and will bring this item from home.</i>
Notes:	
Center acknowledges that if one component or less is provided from home, meals and snacks can continue to be claimed for reimbursement. Meals and snacks with two or more components provided from home cannot be claimed for reimbursement.	
Center Representative Name	Signature
Parent/Guardian Name	Signature

Supplement A. Timeline – Medical Authority Documentation Requests		
This section should be used by a center when a required accommodation is being made that does not meet the meal pattern and the center is waiting for Medical Authority Documentation to be completed and returned. Completion of this section allows a center to claim for up to 6 months while waiting for Medical Authority Documentation.		
<input type="checkbox"/> Initial Request for Medical Authority Documentation	Date:	Staff Initials:
<input type="checkbox"/> 1-Month Request for Medical Authority Documentation	Date:	Staff Initials:
<input type="checkbox"/> 3-Month Request for Medical Authority Documentation	Date:	Staff Initials:
<input type="checkbox"/> 6-Month Request for Medical Authority Documentation	Date:	Staff Initials:
<input type="checkbox"/> Medical Authority Documentation has not been provided within 6 months. The meals and snacks that do not meet the meal pattern, provided to this participant to accommodate a disability, can no longer be claimed for reimbursement.		
Center Representative Name	Signature	

Updated: July 2019

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Arizona Menu Modifications Form

The Menu Modifications Form must be completed when a special/different formula is requested.

When must the center accommodate the request?

Preference? Center or the parent can provide.

Disability? Center is **required** to offer an accommodation (Sections 1, 2, 3)

What documentation is required?

Meets the meal pattern

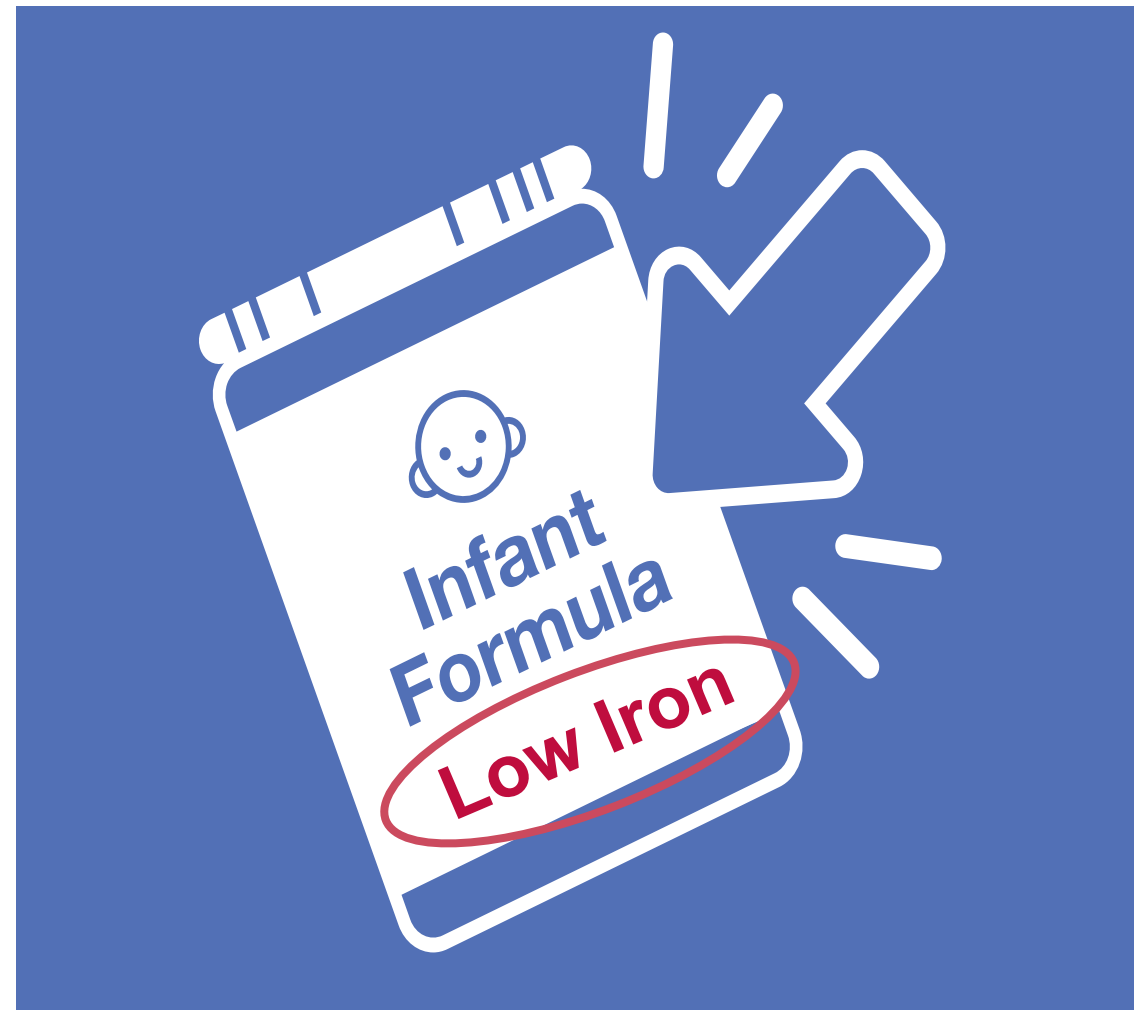
A parent note will do (Sections 1, 2)

Doesn't meet the meal pattern (low iron, no iron, FDA Exempt)

Signed medical documentation is required.



Medical Documentation



If a baby will be fed an infant formula that does not meet the meal pattern requirements, such as:

- FDA Exempt formulas
- Low-Iron formula
- No-Iron formula

the center must have **signed medical documentation** for the formula substitution to be reimbursed in the CACFP.



Medical Documentation

The medical documentation must include:

- **Name of infant formula** to be avoided,
- **Explanation** of how formula affects the baby, and
- Health care provider's **signature**
 - MD, DO, NP, PA, DDS, DMD, or ND

Recommended formulas a baby can have may be included.

Keep the medical statement on file in a secure location at your child care site.

Arizona Department of Education - Child and Adult Care Food Program Medical Authority Documentation Participant Menu Modification			
A center participating in the Child and Adult Care Food Program has requested documentation from a medical authority for requested menu modifications that do not meet the CACFP Meal Pattern.			
Patient First & Last Name		Date of Birth	
List the food(s) to be omitted from the diet and the food(s) that should be provided instead:			
Food(s) to be avoided	Allowable Modification(s)	Additional instructions, requirements, or modifications such as special equipment, texture, thickness, etc.	
Explain how exposure to the food(s) affects the patient:			
The following recognized medical authorities can sign this document: Dentist, Homeopathic Physician, Naturopathic Physician, Nurse Practitioner, Osteopathic Physician, Physician Assistant, Physician			
Medical Authority Name		Date	
Medical Authority Signature			
This institution is an equal opportunity provider.			



Preparing Infant Formula

Read and **follow instructions** on the container of infant formula.

Use the **scoop provided** with the container.



Minimum Amount of Formula Required in the CACFP Infant Meal Pattern

0 through 5 Months

- 4–6 fl. oz. / Meal
- 4–6 fl. oz. / Snack

6 through 11 Months

- 6–8 fl. oz. / Meal
- 2–4 fl. oz. / Snack



Formula Storage Time and Temperature

Table 6: Storing and Handling Infant Formula

Storing prepared infant formula	<p>Keep bottles of prepared infant formula in the refrigerator at a temperature at or below 40 °F (4 °C) until ready to use.</p> <p>Never freeze infant formula.</p> <p>Use infant formula that has been in the refrigerator within 24 hours after it is prepared.</p>
Handling prepared infant formula <i>before</i> a feeding	<p>Do not take infant formula out of the refrigerator more than 2 hours before a feeding.</p>
Handling prepared infant formula <i>after</i> a feeding	<p>Once you start feeding a baby, make sure the infant formula is consumed within 1 hour.</p> <p>Throw away any leftover infant formula that is in the bottle.</p>



Storing Infant Formula



Unopened Containers: Store in a cool, dry, indoor place – not the refrigerator or freezer.

Prepared Formula: Refrigerate at 40 °F (or below) for up to 24 hours.

Remove from refrigerator no more than 2 hours before feeding.



Infant Formula: Let's Practice!

Baby Michael drinks infant formula at home and his mom brought it in on his first day at child care. You are happy to give Baby Michael the infant formula his mom brought in, but you also want to let her know you have some at the center.

How can you have this conversation with Baby Michael's mom?



Infant Formula: Let's Practice!



United States Department of Agriculture

Food and Nutrition Service



For Parents: Feeding Your Baby Infant Formula? Tell Us More!

Today's Date _____

Baby's Name (first and last) _____

Baby's Birth Date _____

Parent Name (first and last) _____

How does your baby let you know that he or she is hungry? _____

Child Care Providers, please fill out the following:

At our child care site, we offer _____ type of iron-fortified infant formula.

What infant formula would you like us to serve your baby? Please answer below.

- Please give my baby the infant formula you have at the child care site.
- I will provide breastmilk. Please *do not* give my baby the infant formula you have at the child care site.
- My baby has a disability and needs a special infant formula.

Thank you for letting us know! We will be reaching out to you for more information about your baby's disability.

- My baby does not have a disability, but I want to provide different infant formula than the one you have at the child care site. Please *do not* give my baby the infant formula you have at the child care site.

Thank you for letting us know! Since we participate in the Child and Adult Care Food Program (CACFP), the infant formula served in our site and the one you provide must be iron-fortified.

To tell if a formula is iron-fortified, look for "Infant Formula With Iron," or a similar statement on the front of the formula package. It must also be purchased in the United States.

Parent's Signature: _____

A handout from *Feeding Infants in the Child and Adult Care Food Program*

<https://teamnutrition.usda.gov> • FNS 786C • March 2019

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Knowledge Check

Yes or No?

A child care provider has been busy watching all of the children in his care and accidentally leaves a bottle of infant formula out on the counter for 2 ½ hours. Can he put it back in the refrigerator and use it later?



Knowledge Check

Yes or No?

A child care provider has been busy watching all of the children in his care and accidentally leaves a bottle of infant formula out on the counter for 2 ½ hours. Can he put it back in the refrigerator and use it later?

No



Knowledge Check

Bottles of infant formula can be refrigerated at a CACFP site at 40 degrees F (or below) for up to _____ hours.

- A. 24
- B. 36
- C. 48
- D. 72



Knowledge Check

Bottles of infant formula can be refrigerated at a CACFP site at 40 degrees F (or below) for up to _____ hours.

- A. 24
- B. 36
- C. 48
- D. 72



Knowledge Check

Yes or No?

A mother brings in a new iron-fortified infant formula for her baby. The child care provider has worked with babies for years and prepares the infant formula the same way she does with all other formulas. Is the child care provider preparing the infant formula correctly?



Knowledge Check

Yes or No?

A mother brings in a new iron-fortified infant formula for her baby. The child care provider has worked with babies for years and prepares the infant formula the same way she does with all other formulas. Is the child care provider preparing the infant formula correctly?

No



Summary: Infant Formula

- 1** | Every CACFP organization must offer at least one iron-fortified infant formula, regulated by the FDA.
- 2** | A Menu Modification Form must be on file for all infants consuming a different type of formula. If the formula is low-iron, no-iron or FDA Exempt, medical documentation is also required.
- 3** | It is important to know how to properly store and handle infant formula.



Infant Point of Service Meal Count Sheet



Arizona Department of Education
Child and Adult Care Food Program
Infant Point of Service Meal Count Sheet

Date: _____

Completed by: _____

Instructions:

1. Record the date and the names of the infant(s) being served the meal
2. Use a (v) where indicated when serving breastmilk or formula or when a mother nurses onsite.
3. Record the specific kind of fruit/vegetable, meat/meat alternate or bread/grain served.
4. Identify creditable meals to be claimed for reimbursement; maximum of 2 meals + 1 snack or 2 snacks + 1 meal per infant daily.
5. Record total number of infant meals to be claimed for reimbursement on the bottom line labeled 'Daily Totals'.
6. Daily totals are transferred to the Infant Meal Count Summary Sheet.

Considerations:

All formula and infant cereal served must be iron fortified
How are meals/snacks with >1 component provided from home recorded to ensure they are not claimed for reimbursement?
IFC = Infant Cereal RTE = Ready to Eat Breakfast Cereal T = Tablespoon oz. = Ounce

NAMES 0-5 months	Breakfast		AM Snack		Lunch		PM Snack		Supper	
	4 – 6 oz. Breastmilk or formula (v)	Extras If Early Readiness Specify	4 – 6 oz. Breastmilk or formula (v)	Extras If Early Readiness Specify	4 – 6 oz. Breastmilk or formula (v)	Extras If Early Readiness Specify	4 – 6 oz. Breastmilk or formula (v)	Extras If Early Readiness Specify	4 – 6 oz. Breastmilk or formula (v)	Extras If Early Readiness Specify
Jade Singer	✓		✓		✓					

NAMES 6-11 months	Breakfast			AM Snack			Lunch			PM Snack			Supper		
	6-8 oz. Breastmilk or formula (v)	0-4 T IFC, Meat, Meat Alt.; OR 0-2 oz. Cheese; OR 0-4 oz. Cottage, Yogurt Specify	0-2 T Veg and/or Fruit Specify	2-4 oz. Breastmilk or formula (v)	0-½ slice bread OR 0-2 crackers OR 0-4T IFC or RTE Specify	0-2 T Veg and/or Fruit Specify	6-8 oz. Breastmilk or formula (v)	0-4 T IFC, Meat, Meat Alt.; OR 0-2 oz. Cheese; OR 0-4 oz. Cottage, Yogurt Specify	0-2 T Veg and/or Fruit Specify	2-4 oz. Breastmilk or formula (v)	0-½ slice bread OR 0-2 crackers OR 0-4T IFC or RTE Specify	0-2 T Veg and/or Fruit Specify	6-8 oz. Breastmilk or formula (v)	0-4 T IFC, Meat, Meat Alt.; OR 0-2 oz. Cheese; OR 0-4 oz. Cottage, Yogurt Specify	0-2 T Veg and/or Fruit Specify
Tim Larson	✓			✓			✓								

Daily Totals	Breakfast: _____	AM: _____	Lunch: _____	PM: _____	Supper: _____
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Updated: February 2019

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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

This training is listed on the Arizona Early Childhood Workforce Registry. If you want this training to appear on your registry transcript, please provide your Workforce Registry ID when completing the survey.



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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
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