

# **Solid Foods & Infant Feeding Requirements**

**CACFP ESSENTIALS SERIES**

**Infant Feeding Part 3 of 3**

**Training Hours: 1 Hour**

**[www.azed.gov/hns](http://www.azed.gov/hns)**



# Arizona Department of Education (ADE)

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

## Intended Audience

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



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

## Training Hours

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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: 60 Minutes**



# Objectives

- 1** | **Developmental Readiness for Solid Foods**  
When is an infant ready for solid foods?
- 2** | **Creditable Infant Foods**  
What foods can be served at a CACFP site?
- 3** | **Infant Feeding Skills and Modifying Food Textures**  
What are the infant feeding skills to look for when advancing food textures?
- 4** | **Requirement Recap**  
What is requirement versus best practice?





# 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!



# Developmental Readiness for Solid Foods



# Solid Foods

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What are solid foods?



**Pureed**



**Finely  
Chopped**



**Mashed**



**Ground**



# Developmental Readiness

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How Can You Tell When Your Baby Is Ready To Eat Solid Foods?  
Your baby is ready to start solid foods if he or she:



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



- Sits in a high chair with good head control.



- Uses his or her tongue to move food from the spoon into his or her mouth. The tongue does not automatically push the food out of his or her mouth.



# Importance of Solid Foods

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**Starting solid foods when an infant is developmentally ready is important.**



Calories and nutrients for growth



Chance to try different foods



Getting used to many flavors and textures.  
This may help acceptance as they get older!





# Risks of Early Introduction

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## What are the risks?

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

**Feeding solid foods earlier than recommended does not help the baby sleep through the night and does not make the baby eat fewer times in a day.**



# Risks of Delayed Introduction

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## What are the risks?

**Delaying** the introduction of solid foods beyond when a baby is ready may prevent them from eating the variety and amounts of food they need. This may increase the risk of:

- Not getting needed nutrition, like iron and zinc;
- Not grow normally;
- Rejecting foods when they are given at a later age; and
- Delayed speech and motor development.

**Delaying solid foods may not reduce the risk of developing food allergies.**



# Communicating with Parents

USDA  
United States Department of Agriculture  
Food and Nutrition Service

## For Parents: Is Your Baby Ready for Solid Foods?

Feeding your baby the right foods at the right time helps him or her get the nutrition needed for good health. Your baby will grow to enjoy many types and textures (smooth, lumpy, and so on) of food during his or her first year.

### How Can You Tell When Your Baby Is Ready To Eat Solid Foods?

Your baby is ready to start solid foods if he or she:

-  Opens his or her mouth when foods come his or her way or reaches for food.
-  Sits in a high chair with good head control.
-  Uses his or her tongue to move food from the spoon into his or her mouth. The tongue does not automatically push the food out of his or her mouth.

### Why Does Your Baby Need To Try Solid Foods?

Starting solid foods when your child is developmentally ready is important because:

- Your baby is getting bigger and needs more calories and nutrients that can come from solid foods.
- It gives your baby a chance to try different foods so he or she will like them at an early age and will continue to eat them as he or she gets older.

 **Tip:** Many, but not all, babies show signs that they are developmentally ready for solid foods at around 6 months.

12 | Chapter 1 • Giving Babies a Healthy Start With the CACFP

## Start a Conversation!

Talk with parents about developmental readiness for solid foods.

**All participating CACFP organizations in Arizona must communicate with parents about how to feed an infant while in care.**



# Communicating with Parents

**INFANT FEEDING INSTRUCTIONS**

Child's name: \_\_\_\_\_

Breastmilk, Type: \_\_\_\_\_

If child is receiving: \_\_\_\_\_

No  Yes

Does child have: \_\_\_\_\_

Yes – Explain: \_\_\_\_\_

Introduced: See \_\_\_\_\_

Consent: \_\_\_\_\_

Food Likes: \_\_\_\_\_

Utensils used: \_\_\_\_\_

Explain: \_\_\_\_\_

Feeding Schedule:

Date	Time

Comments: \_\_\_\_\_

Date: \_\_\_\_\_

**FOODS LIST**

Child's Name: \_\_\_\_\_

**Foods and dates introduced at home:**

VEGETABLES					
FOOD	DATE	FOOD	DATE	FOOD	DATE
Carrots		Squash			
Creamed Corn		Potatoes			
Creamed Spinach		Sweet Potatoes			
Green Beans					
Peas					

FRUITS					
FOOD	DATE	FOOD	DATE	FOOD	DATE
Apple Sauce		Prunes			
Bananas		Plums			
Peaches		Apple Strawberry			
Pears		Banana Strawberry			
Bananas w/Apples		Apricots			
Prunes w/Apples					

MEATS					
FOOD	DATE	FOOD	DATE	FOOD	DATE
Beef		Lamb			
Chicken		Ham			
Turkey		Veal			

MIXED FOODS					
FOOD	DATE	FOOD	DATE	FOOD	DATE
Veg/Ham		Mixed Turkey			
Veg/Bacon		Chicken Noodle			
Veg/Turkey		Lasagna			
Apples/Turkey		Spaghetti			
Apples/Chicken		Veg/Pasta			
Pears/Chicken					

CEREALS					
FOOD	DATE	FOOD	DATE	FOOD	DATE
Rice					
Oatmeal					
Mixed					

**COMMENTS and Additional Information:**

DATE: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

**All feeding instructions must be retained for 12 months (centers).**

G:\Forms\CDC\Infant Feeding Instructions.docx (7/18) Page 2 of 2


 United States Department of Agriculture  
 Food and Nutrition Service


**For Parents: What Is Your Baby Eating? Let Us Know!**

Today's Date: \_\_\_\_\_ Baby's Name (first and last): \_\_\_\_\_

Baby's Birth Date: \_\_\_\_\_ Parent's Name (first and last): \_\_\_\_\_

Is your baby eating solid foods?  Yes  No

What texture(s) of food do you give to your baby?



pureed



mashed



ground



finely chopped

Which of these foods does your baby currently eat?

**Grains**

crackers     
  iron-fortified infant cereal (check all that apply)

barley cereal     oat cereal  
 wheat cereal     rice cereal

ready-to-eat cereal (such as whole-grain o-shaped cereal)

pieces of bread/toast   
  pieces of pita bread   
  pieces of soft tortilla

**Meat and Meat Alternates (Protein Foods and Dairy)**

beans     beef     pork     chicken     cottage cheese  
 eggs     fish     turkey     cheese     yogurt     shellfish

Feeding Solid Foods • Chapter 6 | 63



# Feeding Solid Foods

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1. Wash your hands and the infant's hands.
2. Place the infant in an age-appropriate feeding chair and put a bib on the infant.
3. Move baby food into a small bowl.
4. Feed the infant! When developmentally ready, let the infant self-feed with finger foods and a spoon. Have the infant eat with other infants, if possible.
5. Record what was offered on the Infant Point of Service Meal Count Form.



**Monitor the baby for choking or allergic reactions. Sit and talk to the infant with an encouraging and soft voice, making good eye contact.**



# Knowledge Check

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Baby Emily still needs help holding her head up. She does not seem interested when food is around her. Emily's mom wants to start feeding her solid foods, but you do not think Emily is ready.

**What can you do?**



# Knowledge Check

## Scenario 1

USDA  
United States Department of Agriculture  
Food and Nutrition Service

### For Parents: Is Your Baby Ready for Solid Foods?

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#### How Can You Tell When Your Baby Is Ready To Eat Solid Foods?

Your baby is ready to start solid foods if he or she:

-  Opens his or her mouth when foods come his or her way or reaches for food.
-  Sits in a high chair with good head control.
-  Uses his or her tongue to move food from the spoon into his or her mouth. The tongue does not automatically push the food out of his or her mouth.

#### Why Does Your Baby Need To Try Solid Foods?

Starting solid foods when your child is developmentally ready is important because:

- Your baby is getting bigger and needs more calories and nutrients that can come from solid foods.
- It gives your baby a chance to try different foods so he or she will like them at an early age and will continue to eat them as he or she gets older.

 **Tip:** Many, but not all, babies show signs that they are developmentally ready for solid foods at around 6 months.

12 | Chapter 1 • Giving Babies a Healthy Start With the CACFP



# Knowledge Check

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## True or False?

Infants are always ready for solid food at exactly 6 months of age.





# Knowledge Check

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## True or False?

Infants are always ready for solid food at exactly 6 months of age.

**False**



# Summary: Solid Food Readiness

- 1** | Infants show they are developmentally ready for solid foods by sitting in a highchair with good head control, opening mouth when food comes their way, reaching for food, and using their tongue to move food from the spoon to their mouth.
- 2** | Feeding infants when they are developmentally ready helps them enjoy new tastes and textures, get the nutrition they need, and avoid choking.
- 3** | Talk with parents about signs of solid food readiness. Once a food is accepted at home, the child care site can start offering it.



# Creditable Infant Foods



# Reimbursable Infant Meals and Snacks

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## Food Components

Infant food components are:

- Breastmilk and/or iron-fortified infant formula
- Meat and meat alternates
- Vegetables and fruits
- Grains

Only **creditable foods** count toward the infant meal pattern. A meal or snack is reimbursable as long as all required food components (as accepted) are offered during the day.



# Reimbursable Infant Meals and Snacks

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		<p>→ 0–4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or</p> <p>0–2 oz. cheese; or</p> <p>0–4 oz. cottage cheese; or</p> <p>0–4 oz. (1/2 cup) yogurt; or a combination of the above</p>
Vegetables, fruit, or both		0–2 tbsp. vegetable, fruit, or both



# Reimbursable Infant Meals and Snacks

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**6-11 Months of Age**



# Reimbursable Infant Meals and Snacks

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## 6-11 Months of Age



### **No Solids Yet**

Parents: Indicates to hold off on solids.

Childcare site: Does not offer solids.



# Reimbursable Infant Meals and Snacks

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## 6-11 Months of Age



### **No Solids Yet**

Parents: Indicates to hold off on solids.

Childcare site: Does not offer solids.



### **Initial Introduction to Solids**

Parents: Share the few solids baby has started accepting.

Childcare site: Offers only the few foods (in quantities accepted at home).





# Reimbursable Infant Meals and Snacks

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## 6-11 Months of Age



### **No Solids Yet**

Parents: Indicates to hold off on solids.

Childcare site: Does not offer solids.



### **Initial Introduction to Solids**

Parents: Share the few solids baby has started accepting.

Childcare site: Offers only the few foods (in quantities accepted at home).



### **Established Eating Pattern**

Parents: Share the infant is accepting many foods within each component.

Childcare Site: Offers all required components at every meal and snack.



# 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

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

<b>Daily Totals</b>	Breakfast: _____	AM: _____	Lunch: _____	PM: _____	Supper: _____
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# Infant Point of Service Meal Count Sheet

## Example: Initial Introduction to Solids

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
Jade Singer	✓			✓	IFC		✓								
Tim Larson	✓	IFC		✓		Apple	✓	IFC							




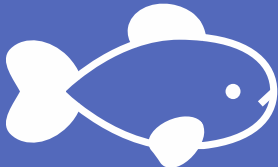


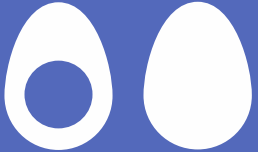
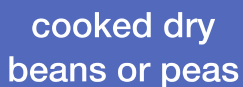
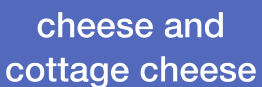




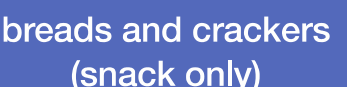
# Infant Point of Service Meal Count Sheet

## Example: Established Eating Pattern

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
Jade Singer	✓	IFC	Squash ✓	IFC		✓	Cheese	Berries							
Tim Larson	✓	Egg	Pear ✓	Cracker	Apple	✓	Yogurt	Berries							



# Solid Foods – 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)



# Vegetables and Fruits

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## Creditable Fruits and Vegetables

- All vegetables and fruits can be offered

Fruit and vegetable juices are **not creditable** for infants. This includes 100% juice.



# Meat and Meat Alternates

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## Creditable Meat and Meat Alternates

- Meats and Poultry
- Fin Fish
- Shellfish
- Whole Eggs (yolk and egg white)
- Beans and Peas
- Cheese
- Cottage Cheese
- Yogurt (must meet sugar limit)



# Meat and Meat Alternates

## Yogurt

Must meet the sugar limit.

**USDA** United States Department of Agriculture  
Food and Nutrition Service

### Choose Yogurts That Are Lower in Sugar

All yogurts 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 sugar limit. 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 **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.
- Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.
- In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column. If the yogurt has that amount of sugar, or less, the yogurt meets the sugar limit.

**Nutrition Facts**  
4 servings per container  
Serving size 8 oz (227g)

Amount per serving **130** Calories

Total Fat	2g	3%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	100mg	7%
Total Carbohydrate	21g	17%
Dietary Fiber	4g	7%
<b>Total Sugars</b>	<b>9g</b>	<b>17%</b>
Includes 0g Added Sugars		
Protein	10g	
Vitamin D	2mcg	10%
Calcium	257mg	20%
Iron	0mg	0%
Potassium	344mg	8%

Serving Size Ounces (oz)	Serving Size Grams (g)	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total 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

**Test Yourself:**  
Does the yogurt above meet the sugar limit?  
(Check your answer on the next page)  
Serving Size: \_\_\_\_\_  
Total 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.*

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

### Try It Out!

Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.

#### Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g)	Total Sugars Grams (g)	Serving Size Ounces (oz)	Serving Size Grams (g)	Total Sugars Grams (g)
If the serving size is:	If the serving size is:	Total sugars must not be more than:	If the serving size is:	If the serving size is:	Total sugars must not be more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

#### Yogurts To Serve in the CACFP\*

Yogurt Brand	Flavor	Serving Size (oz or g)	Total Sugars (g)
Yummy Yogurt	Vanilla	6 oz	13

*\*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of total sugars on the Nutrition Facts label to make sure they match what you have written in the list above.*

**Answer to "Test Yourself" activity on page 1:** This yogurt has 9 grams of total sugars per 8 ounces (227 grams). The maximum amount of total sugars allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt meets the sugar limit.

FNS-652 Slightly Revised October 2019  
USDA is an equal opportunity provider, employer, and lender.

**CACFP Shopping Guide -Yogurt**  
The following yogurts meet the sugar requirements in the CACFP.

**CACFP Shopping Guide -Yogurt**  
The following yogurts meet the sugar requirements in the CACFP.

**CACFP Shopping Guide -Yogurt**  
The following yogurts meet the sugar requirements in the CACFP.

Plain Stonyfield Organic Whole Milk Plain Stonyfield Organic Greek OZ FAT Chobani Whole Milk Plain Greek Yogurt Chobani Non-Fat Plain Greek Yogurt Kirkland Greek Yogurt Plain Nonfat Yoplait Original Chobani Vanilla Chobani Fruit Yogurt siggi's 0% Vanilla Lucerne Plain Nonfat Yogurt Lucerne Vanilla FAGE Total 5% FAGE Total 0% FAGE Total 2% Lucerne Vanilla FAGE Total 5% FAGE Total 0% FAGE Total 2% The Greek Gods Greek Yogurt siggi's 0% siggi's 4% siggi's Lactose Free





# Grains

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## Creditable Grains

### Breakfast, Lunch, Supper or Snack

- Iron-fortified infant cereal

### Snack Only

- Breads
- Crackers
- Ready-to-eat cereals
  - Iron-fortified and must meet the sugar limit (6 grams per dry ounce)



# Grains

## Breakfast Cereal Must meet the sugar limit.

**USDA** United States Department of Agriculture  
Food and Nutrition Service

### Choose Breakfast Cereals That Are Lower in Sugar

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must not have more than **6 grams of sugar** per dry ounce.

There are many types of cereal that meet this sugar limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the sugar limit by using the Nutrition Facts label and following the steps below:

- Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- Find the **Total Sugars** line. Look at the number of grams (g) next to Total Sugars.
- Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.
- In the table, look at the number to the right of the serving size amount, under the "Total Sugars" column. If the cereal has that amount of sugar, or less, the cereal meets the sugar limit.

**Yummy Brand Cereal**

Nutrition Facts	
15 servings per container	
Serving size <b>1/4 cup (30g)</b>	
Amount per serving	
<b>Calories</b>	<b>100</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 3g	

Serving Size*	Total Sugars
If the serving size is:	Total sugars must not 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

**Test Yourself:**

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

Serving Size: \_\_\_\_\_  
Total Sugars: \_\_\_\_\_

Yes  No

\*Serving sizes here refer to those commonly found for breakfast cereals.

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

### Try It Out!

Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.

#### Sugar Limits in Cereal

Serving Size	Total Sugars	Serving Size	Total Sugars
If the serving size is:	Total sugars must not be more than:	If the serving size is:	Total sugars must not be more than:
0-2 grams	0 grams	50-54 grams	11 grams
3-7 grams	1 gram	55-58 grams	12 grams
8-11 grams	2 grams	59-63 grams	13 grams
12-16 grams	3 grams	64-68 grams	14 grams
17-21 grams	4 grams	69-73 grams	15 grams
22-25 grams	5 grams	74-77 grams	16 grams
26-30 grams	6 grams	78-82 grams	17 grams
31-35 grams	7 grams	83-87 grams	18 grams
36-40 grams	8 grams	88-91 grams	19 grams
41-44 grams	9 grams	92-96 grams	20 grams
45-49 grams	10 grams	97-100 grams	21 grams

#### Cereals To Serve in the CACFP\*

Cereal Brand	Cereal Name	Serving Size	Total Sugars (g)
Healthy Food Company	Nutty Oats	28 grams	5 grams

\*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of total sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

**Answer to "Test Yourself" activity on page 1:** The cereal has 5 grams of total sugars per 30 grams. The maximum amount of total sugars allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar limit.

FNS-653 Slightly Revised October 2019  
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### CACFP Shopping Guide - Breakfast Cereal

The following cereals meet the sugar requirements & are whole grain-rich in the CACFP.

**CACFP Shopping Guide - Breakfast Cereal**  
The following cereals meet the sugar requirements & are whole grain-rich in the CACFP.

Specific brand names visible include: Cheerios, Multi-Grain Cheerios, KiX, Berry Berry KiX, Honey KiX, Rice Chex, Wheat Chex, Corn Chex, Blueberry Chex, Cinnamon Chex, Vanilla Chex, Frosted Mini Wheats, Touch of Fruit, Frosted Mini Wheats, Frosted Mini Wheats, Wheaties, Life, Life, Life, Total.



# Grains

---

## Iron-Fortified Infant Cereal

Both **single** and **mixed-grain** cereals are creditable.

- Offer single grain first, then mixed-grain.

Infant cereal must be **iron-fortified**.

- Look for “iron-fortified” on the package
- Look at the ingredients list for:
  - 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\*.



# Parent Provided 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



# Knowledge Check

---

## True or False?

If an infant has an established eating pattern, *accepting foods from all components*, then a creditable food from each required component must be served at every meal and snack.



# Knowledge Check

---

## True or False?

If an infant has an established eating pattern, *accepting foods from all components*, then a creditable food from each required component must be served at every meal and snack.

**True**



# Knowledge Check

---

A parent wants to bring food from home for her infant. For the CACFP child care site to be able to claim a meal or snack for reimbursement, the parent can provide up to how many components?

- A. 1 creditable food component
- B. 2 creditable food components
- C. 3 creditable food components
- D. 4 creditable food components



# Knowledge Check

---

A parent wants to bring food from home for her infant. For the CACFP child care site to be able to claim a meal or snack for reimbursement, the parent can provide up to how many components?

- A. 1 creditable food component**
- B. 2 creditable food components
- C. 3 creditable food components
- D. 4 creditable food components





# Knowledge Check

---

## Yes or No?

A parent asks you to start serving solid foods to their 5-month-old baby at your childcare 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?

- A. Yes
- B. No



# Knowledge Check

---

## Yes or No?

A parent asks you to start serving solid foods to their 5-month-old baby at your childcare 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?

**A. Yes**

B. No



# Knowledge Check

---

## Yes or No?

You notice that an infant in your care is developmentally ready for solid foods, and the parents agree. The parents tell you that they have fed their infant eggs at home so you offer the infant finely chopped whole eggs (yolk and egg white) at childcare. The infant takes one bite at lunch.

**Can you claim the eggs as part of a reimbursable lunch?**

- A. Yes
- B. No



# Knowledge Check

---

## Yes or No?

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**Can you claim the eggs as part of a reimbursable lunch?**

**A. Yes**

B. No



# Knowledge Check

---

Which foods are creditable in the infant meal pattern and can be offered to infants around 6 through 11 months?

**Choose all that apply.**

- A. Peach cobbler baby food dessert
- B. Pureed carrots
- C. Finely chopped baked chicken
- D. Granola bar



# Knowledge Check

---

Which foods are creditable in the infant meal pattern and can be offered to infants around 6 through 11 months?

**Choose all that apply.**

- A. Peach cobbler baby food dessert
- B. Pureed carrots**
- C. Finely chopped baked chicken**
- D. Granola bar



# Summary: Creditable Infant Foods

- 1** Only creditable foods count toward the infant meal pattern. A list of creditable foods can be found in Appendix F of the Feeding Infants in the CACFP Guide.
- 2** Communicate with parents about what foods have been accepted at home. Once accepted, creditable foods can be served when in childcare – following the meal pattern.
- 3** Meals can only be claimed for reimbursement when all or all but one component are center-provided and when all creditable foods are provided as developmentally ready.



# Infant Feeding Skills and Modifying Food Texture





# Establishing Healthy Eating Habits

---

Taste preferences and eating habits form early in life.

**Babies change from:**

- Sucking and swallowing → chewing solid foods
- Relying on others to feed them → learning to feed themselves



# What is a Feeding Skill?

---



## Babies can:

- Suck and swallow
- Move food from a spoon to the back of the mouth and swallow
- Pick up pieces of foods with their hands
- Pick up pieces of food with their fingers



# What is a Feeding Skill?

---

Feeding skills indicate that an infant may be ready to try new food textures.

**Palmar Grasp**



**Pincer Grasp**



# Feeding Skills and Food Texture

	Birth – 5 Months	Around 6 – 8 Months	Around 8 – 12 Months
Feeding Skills	 <p>Baby can suck/swallow</p>	 <p>Baby can move food from spoon to back of mouth and swallow</p>	 <p>Baby can pick up pieces of foods with fingers</p>
Texture of Food	Liquids (breastmilk or iron-fortified infant formula)	Pureed and mashed soft solid foods Liquids (breastmilk or iron-fortified infant formula)	Ground or finely chopped soft solid foods* Ready-to-eat cereal, such as whole-grain o-shaped cereal. Strips of breads. Small pieces of crackers.** Liquids (breastmilk or iron-fortified infant formula)
Feeding Style	 <p>Breastfeeding or bottle feeding</p>	 <p>Spoon-fed by you Introduce a cup</p>	 <p>Baby can feed self with a spoon or pick up finger foods</p>

## Introducing Different Textures of Food:

- **Suck/Swallow**

Breastmilk or Formula (Liquid)

- **Move food from spoon to mouth**

Pureed and Mashed Soft Foods

- **Pick up Pieces of foods with fingers**

Ground, finely chopped soft solid foods

Ready to eat cereal, strips of bread, pieces of crackers



# Preparing Baby Food

---



## At the Child Care Site:

### Tools Needed

- Blender to puree
- Fine mesh strainer to alter texture
- Baby food grinder to grind and strain soft food pieces and remove skins and seeds
- Fork and knife to mash or finely chop



### Safe Handling: Steps

*Refer to Chapter 7 of the Feeding Infants in the CACFP Guide for more information on how to prepare, cook, freeze, thaw, reheat, and store baby food.*



# Preparing Baby Food

---



## Modify Texture to Prevent Choking

- Cook foods until they are soft.
- Modify texture by pureeing, mashing, grinding, or finely chopping.
- Cut food into thin slices or small pieces no larger than  $\frac{1}{2}$  inch.

## Avoid

Small, sticky, hard foods that are difficult to chew or easy to swallow whole. *Example: Peanut Butter*



# Purchasing Baby Food

---

## Store-Bought Baby Food

### Ingredients

- Water, broth, and vitamins may be additional ingredients. They make the food the right consistency.
- *Avoid choosing baby foods that have added salt, fat, and sugars.*

### Packaging

- Look at the “use by” date
- Do not buy dented, rusted, bulging, or leaking containers
- Check that the vacuum seal has not been broken. You should hear a pop when you open the lid!



# Purchasing Baby Food

---

## Examples of Creditable Store-Bought Baby Foods



**Ingredients:** pears, zucchini, corn, water, vitamin c (ascorbic acid), citric acid



**Ingredients:** beef, beef broth



**Ingredients:** vegetables (carrots, re-hydrated potatoes, peas), water, finely ground chicken



**Ingredients:** sweet potatoes, water





# Knowledge Check

---

Which Food Texture is best?



Scenario 1



# Knowledge Check

---

Which Food Texture is best?



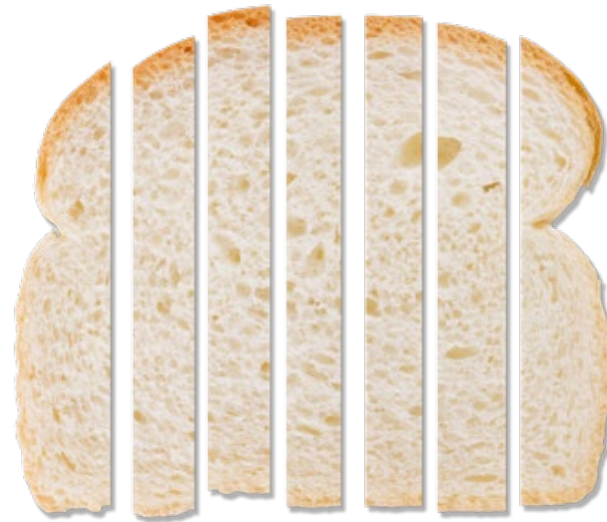
Scenario 1



# Knowledge Check

---

Which Food Texture is best?



Scenario 2



# Knowledge Check

---

Which Food Texture is best?



Scenario 2



# Knowledge Check

---

Which Food Texture is best?



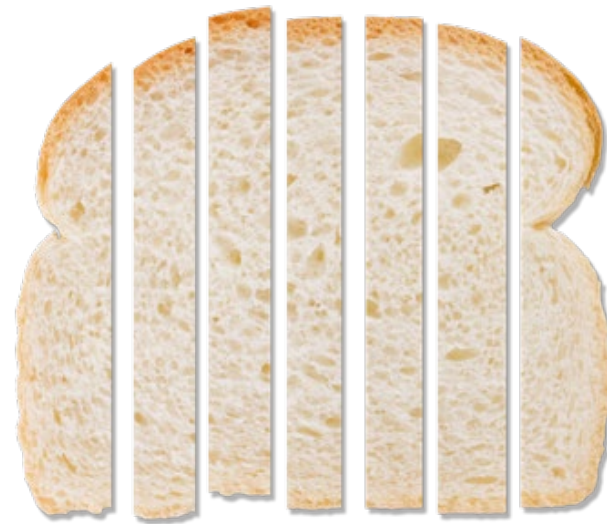
Scenario 3



# Knowledge Check

---

Which Food Texture is best?



Scenario 3



# Knowledge Check

---

All of the following finger foods are creditable in the CACFP infant meal pattern and can be prepared the right way to avoid choking, except which one?

- A. Small strips of bread
- B. Finely chopped strawberries
- C. Chunks of peanut butter
- D. Finely chopped whole eggs (yolk and egg white)



# Knowledge Check

---

All of the following finger foods are creditable in the CACFP infant meal pattern and can be prepared the right way to avoid choking, except which one?

- A. Small strips of bread
- B. Finely chopped strawberries
- C. Chunks of peanut butter**
- D. Finely chopped whole eggs (yolk and egg white)





# Knowledge Check

---

Which is a best practice for preparing baby foods?  
**Choose all that apply.**

- A. Modify the texture by pureeing, mashing, grinding, or finely chopping.
- B. Cut round foods into short strips (lengthwise) rather than round pieces.
- C. Remove pits, seeds, skins, and tough peels from fruits and vegetables.
- D. All of the above.



# Knowledge Check

---

Which is a best practice for preparing baby foods?  
**Choose all that apply.**

- A. Modify the texture by pureeing, mashing, grinding, or finely chopping.
- B. Cut round foods into short strips (lengthwise) rather than round pieces.
- C. Remove pits, seeds, skins, and tough peels from fruits and vegetables.
- D. All of the above.**



# Knowledge Check

---

To prepare foods that can be easily chewed by an infant, cut soft foods into thin slices, strips, or small pieces no larger than \_\_\_\_\_.

- A. 1/2 inch
- B. 2/3 inch
- C. 3/4 inch
- D. 1 inch



# Knowledge Check

---

To prepare foods that can be easily chewed by an infant, cut soft foods into thin slices, strips, or small pieces no larger than \_\_\_\_\_.

- A. 1/2 inch**
- B. 2/3 inch
- C. 3/4 inch
- D. 1 inch



# Summary: Feeding Skills and Food Textures

**1** | Baby food can be purchased from a store or prepared at the childcare site.

**2** | An infant's feeding skills are a good clue of what food textures the infant may be ready to eat.

**3** | Modify foods to match infants' feeding skills. Cook, mash, grind, chop, and blend foods to lower the risk of choking.



# Requirement Recap



# Infant Feeding Compliance in Arizona

---

## Infant Feeding Requirements

- 1.** Claim only when the meal pattern has been met. This means:
  - Only when breastmilk and/or iron-fortified formula, at minimum, has been provided;
  - Only when all components *or* all but 1 component are center-provided; and
  - Only when creditable foods (that the infant is developmentally ready for) have been provided

*Flexibility during initial introduction but required with established eating patterns*



# Infant Feeding Compliance in Arizona

---

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  - Only when creditable foods (that the infant is developmentally ready for) have been provided  
*Flexibility during initial introduction but required with established eating patterns*
- 2.** Purchase at least 1 iron fortified infant formula, iron-fortified cereal, and all other foods required to meet the meal pattern.





# Infant Feeding Compliance in Arizona

---

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- 3.** Feed infants on-demand (no set schedule, honor hunger/satiety).



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- 4.** Document: Infant Point of Service Meal Count Sheet  
Document: Participant Menu Modifications Form for *alternate formula* requests.



# 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

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


<b>Daily Totals</b>	Breakfast: _____	AM: _____	Lunch: _____	PM: _____	Supper: _____
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Updated: February 2019

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# Participant Menu Modification 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	or	Optional 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		No medical reason for the request. Accommodating this preference request is a center's customer service decision.		<input type="checkbox"/> Reported Food Intolerance
<input type="checkbox"/> Reported Major Bodily Function Affected			Participant Meals and Snacks may not be eligible for reimbursement if a center chooses to accommodate this request.	
Center Representative Name		Signature		

*Modification meets the CACFP Meal Pattern*  
Section 2 must be completed by Parent/Guardian

*Modification does not meet the CACFP Meal Pattern*  
Section 2 must be completed by Parent/Guardian and request Medical Authority Documentation

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		

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Child and Adult Care Food Program  
Participant Menu Modification

Section 3. Negotiation of Accommodation(s)	
Negotiation: Center-Provided Reasonable Accommodation (Menu Modification)	
Note: Required Reasonable Accommodations are not necessarily the accommodation requested (e.g. a preferred brand)	
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	

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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		

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# Infant Feeding Compliance in Arizona

---

## Infant Feeding Requirements

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*Flexibility during initial introduction but required with established eating patterns*
- 2.** Purchase at least 1 iron fortified infant formula, iron-fortified cereal, and all other foods required to meet the meal pattern.
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- 4.** Document: Infant Point of Service Meal Count Sheet  
Document: Participant Menu Modifications Form for *alternate formula* requests.
- 5.** Safe handling, preparation, and storage of formula, breastmilk, and foods.



# Infant Feeding Compliance in Arizona

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- 4.** Document: Infant Point of Service Meal Count Sheet  
Document: Participant Menu Modifications Form for *alternate formula* requests.
- 5.** Safe handling, preparation, and storage of formula, breastmilk, and foods.
- 6.** Communicate with parents regarding solid food readiness.



# Survey & Certificate

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## **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.



Adapted from U.S. Department of Agriculture, Team Nutrition. USDA does not endorse any products, services, or organizations. Provided by Arizona Department of Education.

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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;
2. fax: (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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