

Infant Nutrition in the Child Nutrition Programs (CNP)



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Today's Learning Objectives

- Demonstrate an understanding of the current infant meal pattern
- List at least three differences between the current and the new CACFP meal patterns
- Have knowledge of the various forms used to document infant meal exceptions
- Identify reimbursable infant meals
- Understand basic infant and toddler feeding guidelines



Infant Nutrition in the CNPs

Part I

- Reviewing the Current Infant Meal Pattern
- Introducing the New Infant Meal Pattern
- Infant Formulas

What is the purpose of the Infant Meal Pattern?

The infant meal pattern is a guide for serving nutritious, reimbursable meals and snacks to infants enrolled in the USDA CNPs



From Birth through 11 Months



The Current Infant Meal Pattern

Divided into **three** sections:

- Birth through three months
- Four through seven months
- Eight through eleven months



The **NEW** Infant Meal Pattern

Divided into **two** sections:

- Birth through five months
- Six through eleven months



Gradual Introduction of Solids

	Current			New	
	0–3 months	4–7 months	8–11	0–5 months	6–11 months
Breakfast, Lunch, or Supper	4–6 fl. oz. breastmilk or formula	4–8 fl. oz. breastmilk or formula 0–3 tbsp. infant cereal	6–8 fl. oz. breastmilk or formula 2–4 tbsp. infant cereal 1–4 tbsp. vegetable, fruit, or both	4–6 fl. oz. breastmilk or formula	6–8 fl. oz. breastmilk or formula 0–4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz. cheese; or 0–4 oz. (volume) cottage cheese; or 0–8 oz. yogurt; or a combination* 0–2 tbsp. vegetable, fruit or both*

More Breastfeeding Support!



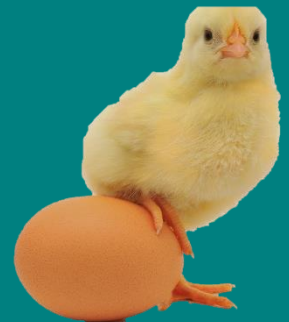
Infant Snack

- A vegetable or fruit must be served at snack for older infants; prohibits juice
- Ready-to-eat cereals are allowed at snack for older infants



Meat and Meat Alternates

- Allows cheese, cottage cheese, beans, and yogurt
- Whole eggs



Reminder!!



**No early implementation of the
new CACFP meal pattern in
California until you receive
written notice from the NSD**

Infant Meal Pattern Knowledge Check

- In the **new** infant meal pattern regulations, how many creditable items can a parent or guardian supply when a provider is claiming reimbursement for the meal.
 - One
 - Two
 - Up to three

Infant Meal Pattern Knowledge Check

In the **current** infant meal pattern yogurt is a creditable meat alternate

True or False?

Infant Meal Pattern Knowledge Check

- My CACFP agency can begin early implementation of the new CACFP meal pattern, including the infant meal pattern, as soon as we like.

True or False?

Infant Meal Pattern Knowledge Check

- If a mom comes in to your center or home to breastfeed her 3-month-old infant after October 1, 2017, you can claim this meal for reimbursement even though you did not supply the meal.

True or False?

Infant Meal Pattern Knowledge Check

- When an infant is ready for solids the new infant meal pattern for 6 through 11 months require that along with breastmilk or formula, _____ must be served as one of the components of a snack.

Infant Formula Requirements

- At least one iron-fortified infant formula must be offered to formula-fed infants
- Offer a formula that meets the needs of one or more infants in your care



Updated USDA Guidance on Infant Formulas

- USDA no longer issues list of creditable infant formulas
- Iron-fortified infant formulas creditable
 - At least 1 milligrams iron per 100 calories of formula
- Medical statement required if formula is on the Food and Drug Administration (FDA) Exempt Infant Formulas List

Infant Formula Activity

Are the following formulas considered
exempt or **not exempt** by the FDA?



Exempt or Not Exempt?



Exempt or Not Exempt?



Exempt or Not Exempt?



Exempt or Not Exempt?



Exempt or Not Exempt?

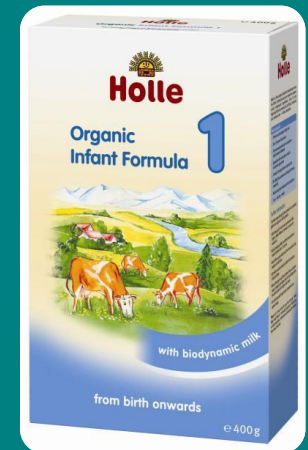


Exempt or Not Exempt?



Infant Formulas not FDA Regulated*

- Aptamil
- Hipp
- Holle



*Manufactured in Europe (Germany)

Breast Milk/Formula Meals

Infant meals containing both breast milk and formula can be claimed for reimbursement when:

- Parent supplies breast milk
- Provider supplies formula
- Total amount of breast milk and formula meets or exceeds the infant meal pattern requirement



Meals Containing Only Breast Milk or Parent-provided Formula

Reimbursable meals and snacks containing only breast milk or parent-provided formula must be served by the child care provider.



Day Care Home Providers Only

Day care home providers may claim reimbursement for breast milk only meals and snacks served to their own infant who is enrolled in the CACFP

- Provider can breastfeed **or** serve expressed breast milk
- At least one other nonresident child must be enrolled in the CACFP and present at the time of the breast milk only meal or snack service



Infant Nutrition in the CNPs

Part II

- Meal pattern exceptions
- Reimbursable meals
- Infant feeding
- Food allergens
- Toddler feeding
- Resources



What do I need to do when the . . .

Infant needs formula
past one year of age?

Infant requires a specialized
or exempt formula?

Parent wants to provide
all of her own food?

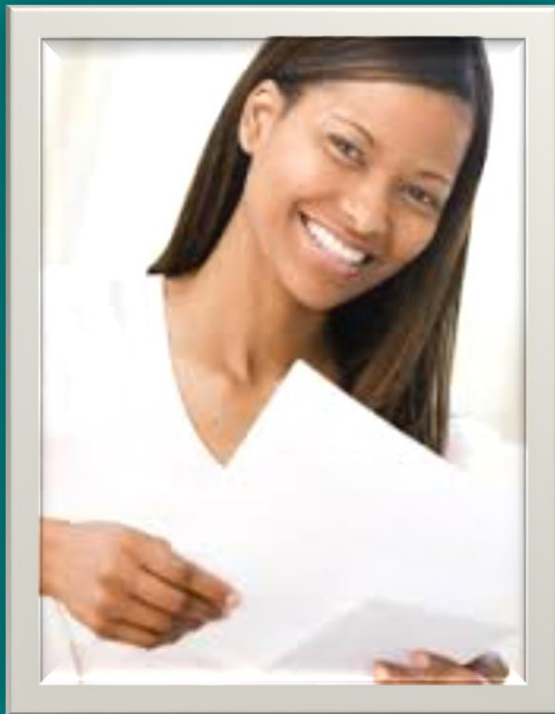
Parent wants to bring
her own formula?



Infant cannot have a food item
required on the meal pattern?

Parent wants to provide
some of her own food?

Answer: We have a form* for that!



- Medical statement
- Parent declines provider's formula
- Parent declines provider's food
- Parent declines the CACFP

*The child care provider must keep the completed forms on file.

Medical Statement

A medical statement is required to justify the use of:

- Any specialized, exempt, or low-iron formula
- Infant formula served to children 13 months and older
- Milk served to infants under one year
- Substitutions to the infant meal pattern for a food allergy, food intolerance, or medical condition



Who Can Authorize a Medical Statement?

Only a California recognized medical authority can sign the form (nondisabilities and disabilities)

- Licensed Physician
- Physician's Assistant
- Nurse Practitioner



When is a Medical Statement **not** Required?

A medical statement is **not** required to justify the use of:

- A nonspecialized or nonexempt iron-fortified infant formula through 12 months
 - **Allows for weaning from formula to whole milk**
- Breast milk for infants or children of any age



Parent Declines Provider's Formula

Parent's may **choose** to provide their own infant formula

- Parent and provider completes the Parent Declines Formula form
- Medical statement is required for a specialized or exempt formula
- Provider can claim the meal for reimbursement

Parent Declines Provider's Food

Parent may **choose** to provide one or more of the meal components

- Provider must still offer iron-fortified infant formula
- Parent and provider completes the Parent Declines Food form
- Provider can claim the meal for reimbursement

Guidelines for Parent-provided Formula and Food

- Parent's food must be in compliance with local health codes
- Ensure that bottles and food containers are properly labeled
- Instruct parents to transport food in insulated containers to maintain safe food temperatures



Parent Declines the CACFP

- Parent and provider complete form when parent declines all food offered by the provider
- Parent provides all meals for their child
- Provider cannot claim reimbursement for these meals



Commercially Prepared Foods

See **Commercially Prepared Infant Foods**
Handout for List of Allowable Items



Reminder:

Read All Labels Carefully



Recording Infant Meals



Meal Record for Infants															
CENTER/PROVIDER: _____												DATE: _____			
RECORD THE COMPONENT(S) AND AMOUNT(S) SERVED TO EACH INFANT AFTER EACH MEAL. SEE THE INFANT MEAL PATTERN FOR MEAL COMPONENT REQUIREMENTS.															
FOOD COMPONENTS	NAME: _____			NAME: _____			NAME: _____			NAME: _____			NAME: _____		
	AGE: _____	DOB: _____	+MS: _____	YES	NO	AGE: _____	DOB: _____	+MS: _____	YES	NO	AGE: _____	DOB: _____	+MS: _____	YES	NO
BREAKFAST:															
(1) Breast milk* or iron-fortified fluid infant formula															
(2) Infant cereal—dry, iron-fortified															
(3) Fruit and/or vegetable															
LUNCH OR SUPPER:															
(1) Breast milk* or iron-fortified fluid infant formula															
(2) Infant cereal—dry, iron-fortified															
(3) Meat or meat alternate: meat, fish, poultry, egg yolk, cooked dry beans or peas, cheese, cottage cheese, cheese food or cheese spread															
(4) Fruit and/or vegetable															
AM OR PM SUPPLEMENT:															
(1) Breast milk* or iron-fortified fluid infant formula or full-strength fruit juice															
(2) Bread or crackers made from whole grain or enriched flour or meal															

*Breast milk, provided by the infant's mother only, is recommended for the first year.
 • Medical Statement is on file.

Completing Infant Meal Records

Child Care Centers:

- **Must be completed by the end of each meal or snack service**
- **Must include the food items and amounts served, not consumed, to each infant**
- **Must include the infant's name and date of meal service**
- **Include infant's age and date of birth**

Completing Infant Meal Records

Day Care Homes:

- **Must be completed by the end of each day**
- **Must include food items served, not consumed, to each infant**
- **Must include infant's name and date of meal service**
- **Include infant's age and date of birth**

Infant Meal Record Exercise

Aiden



Sara



Jacob



Isabella



A Day in the Desert Child Care Center

Benefits of Breast Milk

- It's easily digested by infants
- It contains the right mix of vitamins, minerals, and other important nutrients
- It contains antibodies that protect infants from infections and delays allergies
- It's **very** economical

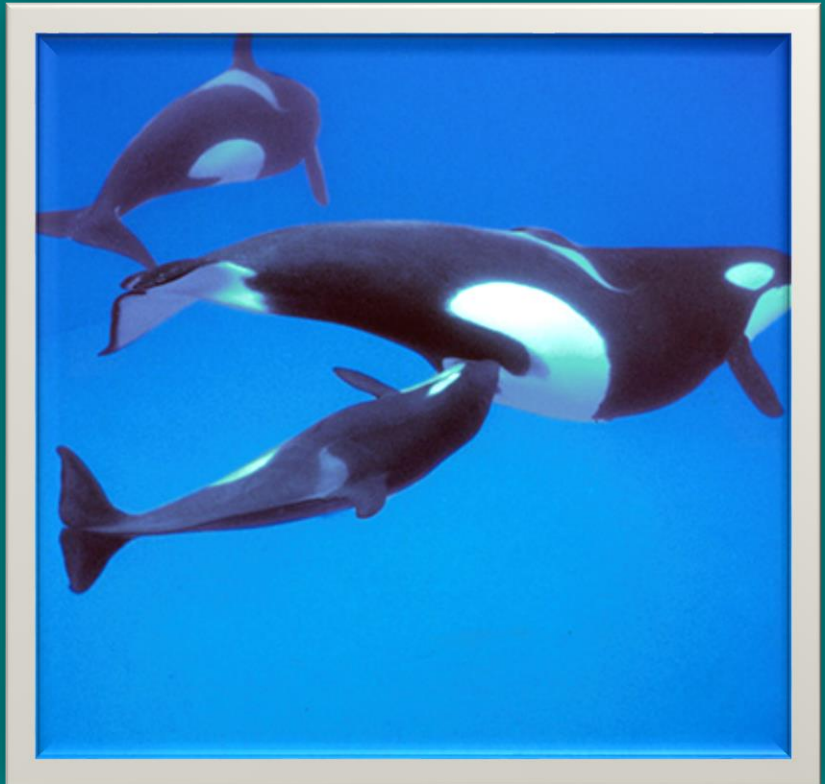


Benefits of Breastfeeding

- Provides bonding between mother and infant
- Helps prevent ear infections
- Helps prevent overfeeding



Breastfeeding is Natural



Bottle Feeding Reminders

- Never prop an infant's bottle
- Never put cereal in a bottle
- Nothing but breast milk, formula, or water should be fed using a bottle
 - If juice is offered, serve from a cup and serve pasteurized, 100 percent juice with vitamin C added



Baby Bottle Tooth Decay



Healthy Teeth



Mild Decay



Severe Decay

Introducing Solids

- **Always check with parent or guardian before introducing any new food**
- **Introduce new food items one at a time**
 - Allow three to five days between each new food
 - Serve appropriate textures in small amounts
 - Observe infant closely for any reaction to new food items
- **Do not add sugar, salt, fat, or spices to food**

Introducing Solids: Hunger Cues



Hunger/Fullness Cues



Hunger and Fullness Cues



1



2



3



4

Nitrate Containing Foods and Water

- **Do not feed** home-prepared **spinach, beets, turnips, carrots, or collard greens** to babies under 6 months old
 - May contain large amounts of nitrates or nitrites
- **Well water should be tested for nitrate levels before serving to infants**



Why Iron is Important

- Proper brain development
- Iron deficiency is related to increased levels of lead in the blood
- Proper growth and formation of healthy red blood cells
- Healthy immune function



Good Iron Sources*

- Iron-fortified infant formula
- Iron-fortified infant cereal
- Meat
- Poultry
- Fish
- Legumes
- Enriched, fortified, or whole grain products



*Adding a food high in vitamin C will increase the absorption of iron

Choking Hazards

Infants and young children can easily choke on these foods:

- Hot dogs
- Nuts and nut butters
- Seeds
- Popcorn
- Chips
- Grapes
- Raisins
- Raw vegetables
- Bones in fish or fish sticks



New Guidance from USDA on Food Allergens

MOST COMMON FOOD ALLERGENS



TREE NUTS



SOY



FISH



PEANUTS



SHELLFISH



EGGS



WHEAT



DAIRY

Food Safety and Sanitation Reminders

- Always wash your hands before and after feeding infants
- Never heat bottles of breast milk, formula, or jars of baby food in a microwave oven
- Never serve leftovers or home-canned or processed food to infants
- Never serve any honey or honey-containing products to infants



Transitioning from Infant To Toddler (after the first birthday)

- Follow the CACFP older children's meal pattern
- Serve whole milk until second birthday
- Allow toddlers to feed themselves
- Can participate in modified family-style dining
- May be picky eaters



Need Help?



Contact your NSD CACFP specialist or submit your questions to NMP4CACFP@cde.ca.gov

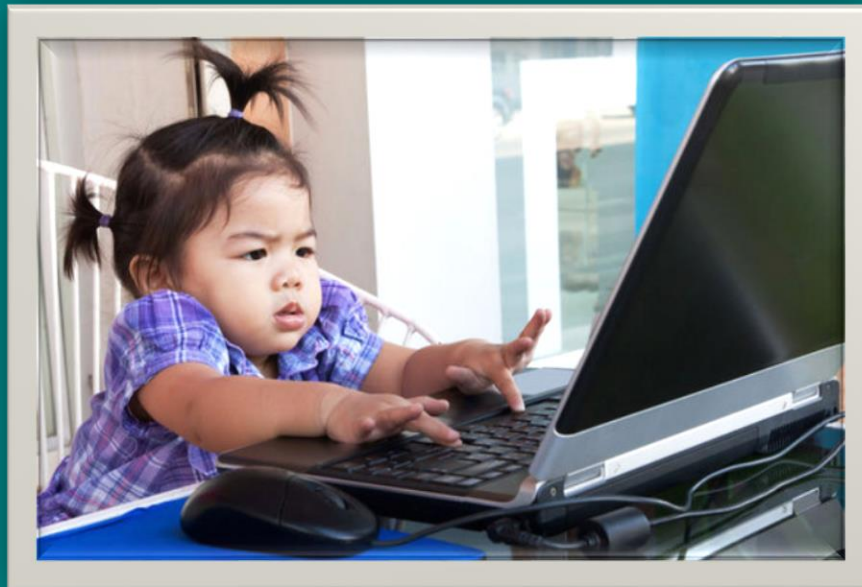
NSD Infant Nutrition Resources

Visit the CDE Feeding Infants Web page at

<http://www.cde.ca.gov/ls/nu/he/feedinginfants.asp>

or

CNIPS/Applications/Download Forms



New CACFP Meal Pattern Resources

- Visit the USDA CACFP Web page at <http://www.fns.usda.gov/cacfp/meals-and-snacks>
- Keep watch for the NSD new CACFP meal pattern Web page



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