

# Claiming Infants

In order to be reimbursed for feeding infants (children under the age of one year), child care programs must serve infants according to the Child and Adult Care Food Program (CACFP) Infant Meal Requirements.

Infant meal pattern requirements are categorized by age of the infant. The categories are as follows:

✔ **Birth through 5 months:**

This includes from the day an infant is born until the last day of the infant's fifth month of life.

**Example:** John was born on January 13th. He should be fed from the "birth through 5 months" category from January 13th through the last meal/snack served on July 12th.

✔ **6 months through 11 months:**

This includes the first day of an infant's sixth month of life until the last day of the infant's eleventh month.

**Example:** John should be fed from the "6 months through 11 months" category from July 13th through the last meal/snack served on January 12th.



## Infant Meal Requirements

Birth through 5 months	6 through 11 months
<b>Breakfast/Lunch/Supper</b>	
4-6 fluid ounces breast milk or iron-fortified infant formula <sup>1</sup>	6-8 fluid ounces breast milk or iron-fortified infant formula <sup>1</sup> ; and 0-4 tablespoons iron-fortified infant cereal <sup>1</sup> , meat, fish, poultry, whole egg (white and yolk), cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or 1/2 cup of yogurt <sup>2</sup> ; or a combination of the above; and 0-2 tablespoons vegetable or fruit or a combination of both <sup>3</sup>
<b>Snack</b>	
4-6 fluid ounces breast milk or iron-fortified infant formula <sup>1</sup>	2-4 fluid ounces breast milk or iron-fortified formula <sup>1</sup> ; and 0-1/2 slice bread; or 0-2 crackers; or 0-4 tablespoons infant cereal <sup>1</sup> ; or ready-to-eat breakfast cereal <sup>4</sup> ; and 0-2 tablespoons vegetable or fruit or a combination of both <sup>3</sup>

1. Infant formula and infant cereal must be iron-fortified.
2. Yogurt must contain no more than 23 grams of sugar per 6 ounces of yogurt.
3. Fruit and vegetable juices are not reimbursable for infants of any age.
4. Ready-to-eat breakfast cereals must contain no more than 6 grams of sugar per dry ounce of cereal.

## Fluids

✔ Breast milk or iron-fortified infant formula are the only fluids that are reimbursable for infants.

*Low-iron formula may be served only when prescribed by a licensed medical professional and requires a Doctor's Food Substitution Form.*

*Cow's milk is not a substitute for infant formula.*

✔ Child Care Providers must offer at least one type/brand of infant formula to the infants in their care at no additional charge. If parents/guardians prefer breast milk or a different type/brand, they may provide their own.

✔ Meals containing ONLY breast milk may be reimbursed when served to infants birth through 5 months old when the breast milk is fed by bottle by the Provider or when the infant's mother breastfeeds her infant on-site at the child care home or center.

✔ Parents can provide up to one creditable meal or snack component (including breast milk, iron-fortified infant formula, or solid foods as developmentally appropriate). The Provider must supply all of the remaining required components in order to receive reimbursement.

## Solid Foods

✔ Solid foods are gradually introduced as infants are developmentally ready to accept them (usually around 6 months). Once the infant is developmentally ready, the child care center or home must offer solid foods in order to be reimbursed. Providers should work closely with parents when introducing solid foods.

✔ According to the American Academy of Pediatrics, 6 to 8 months of age is a critical window for beginning to introduce solid foods to infants. By 7 to 8 months of age, most infants should be consuming solid foods from all food groups (vegetables, fruits, grains, protein foods, and dairy).

✔ There is no single signal to determine when an infant is developmentally ready to accept solid foods, but these are a few general guidelines:

- Able to sit up with good head control
- Opens his or her mouth when food comes
- Watches others eat
- Reaches for food
- Seems eager to be fed
- Moves food from a spoon into his/her throat
- Has doubled his or her weight
- Weighs about 13 pounds or more

## Non-Creditable Infant Foods

The following foods will not be reimbursed when served to infants:

- ✔ Baby food desserts, including fruit desserts
- ✔ Cheese food, cheese product, cheese spread
- ✔ Chocolate
- ✔ Combination commercial baby foods and dinners
- ✔ Cow's milk
- ✔ Egg whites and egg yolks (offered separately)
- ✔ Fish sticks
- ✔ Foods with water listed as the first ingredient
- ✔ Fruit or vegetable juice
- ✔ Home-canned infant foods
- ✔ Honey
- ✔ Hot dogs
- ✔ Infant cereal with commercially added fruit
- ✔ Infant cereal served in a bottle
- ✔ Jarred cereal (with or without fruit)
- ✔ Low-iron formula (unless prescribed by a Doctor's Food Substitution Form)
- ✔ Meat Sticks
- ✔ Nuts or nut butters
- ✔ Ready-to-eat breakfast cereals with more than 6 grams of sugar per dry ounce
- ✔ Seeds or seed butters
- ✔ Shellfish
- ✔ Yogurt with more than 23 grams of sugar per 6 ounces of yogurt

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