

Eating Through Meal Patterns

CHILD AND ADULT CARE FOOD PROGRAM New Infant Meal Patterns



ENCOURAGE AND SUPPORT BREASTFEEDING

- ✔ Providers may receive reimbursement for meals when a breastfeeding mother comes to the child care center or home and directly breastfeeds her infant
- ✔ Only breastmilk and infant formula are served to infants 0 through 5 months old

DEVELOPMENTALLY APPROPRIATE MEALS

- ✔ There are two infant age groups instead of three: 0 through 5 months old and 6 through 11 months old
- ✔ Solid foods are gradually introduced around 6 months of age, as developmentally appropriate



What does it mean to be developmentally appropriate?

Foods in reimbursable meals for infants must be of a texture and consistency that is appropriate for the age and development of the infant being fed



MORE NUTRITIOUS MEALS

- ✔ Requires a vegetable or fruit, or both, to be served at claimed snacks for infants 6 through 11 months old, as developmentally appropriate
- ✔ Juice, cheese food, and cheese spread cannot be claimed for infants
- ✔ Breakfast cereals can be claimed for infants 6 through 11 month olds at snack, as developmentally appropriate
- ✔ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce when claimed
- ✔ Yogurt can be claimed for infants 6 through 11 months old, as developmentally appropriate
- ✔ Yogurts must contain no more than 23 grams of sugar per 6 ounces when claimed
- ✔ Whole eggs can be claimed for infants 6 through 11 months old, as developmentally appropriate



The new CACFP Meal Patterns go into effect on October 1, 2017.

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ONE BITE AT A TIME

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