



Iowa Child and Adult Care Food Program Infant Foods Tried at Home

Revised 1/2015

Directions:

- Good communication between parents and caregivers is essential for successful infant feeding
- When babies can hold their necks steady, can sit with support, and can hold food in the mouth and then swallow it, they may be ready to start solid foods. Generally this is between 4 to 6 months of age.
- It is important to avoid feeding solid foods until parents have consulted with the baby's health care provider and have informed the caregiver. Babies younger than 4 months of age should not be fed solid foods unless authorized by the baby's health care provider.
- Parents should identify new foods to which the baby has been successfully introduced, with the date, in the space provided below. Infant caregivers should keep a copy of this form, for each infant, in an accessible location for parents to provide updated information on an ongoing basis. Caregivers should consult the form regularly before feeding infants.

Baby's name _____ Date of birth _____

Parent name(s) _____

A. My baby's food allergy or intolerance:

B. My baby is ready for foods, in addition to formula or breast milk, for the following meals (write date):

Breakfast	Lunch	Supper	
AM Snack	PM Snack	Late Night Snack	

C. Identify foods that have been successfully introduced to your baby at home:

<u>For younger babies (under 8 months)</u>		<u>Additional foods for babies over 8 months</u>	
Food	Date	Food	Date
Infant cereals		Bread/crackers (no seeds or nuts)	
Rice		Bread/ toast/rolls	
Oat		Biscuits	
Barley		Graham crackers (no honey)	
Strained/pureed cooked fruits & vegetables		Saltines	
Apples		Teething biscuits	
Apricots		Tortilla wheat/corn, soft	
Bananas		Juice: full strength	
Carrots		Apple juice	
Green beans		Grape juice	
Peaches		Pear juice	
Pears		Fresh Fruits	
Peas		Cherries (small, no pits, soft pieces, cut)	
Plums		Grapes (with no seeds, cut)	
Potatoes		Melon	
Prunes		Peach, peeled	
Squash		Pear, peeled	
Sweet potatoes		Vegetables	
		Same as listed for younger babies. (small cooked soft pieces according to development abilities)	
Iron-Fortified Infant Formula		Meat and meat alternates	
Name		Beef (soft, moist)	
		Dry beans, cooked and finely chopped	
		Cheese mild thin slices	
		Chicken	
Other foods and dates to start:		Cooked egg yolk	
		Cottage cheese	
		Split peas, cooked and finely chopped	
		Tuna	
		Turkey	
		Other foods and dates to start:	



Iowa CACFP Individual Infant Weekly Menu

Abbreviations	
C Ch = Cottage Cheese	Opt = Optional
Ch = Cheese	Tbsp = Tablespoon
Ft = Fruit	Veg = Vegetable
HM = Human Milk	Oz = Ounce
IFF = Iron Fortified Infant Formula	
IFC = Iron Fortified Infant Cereal	

Directions: This weekly menu form is for one infant. Date and complete the menus as served.

Month & Year		Infant's Name					
Formula Name		Birth date		Age			
Who provides formula?		Parent or Center (circle one)		Optional foods tried and now required			
	Age	Infant Meal Pattern*	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Breakfast	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF					
		0-3 Tbsp IFC (Opt)					
8-11 mo (until 1 st birthday)	6-8 oz HM or IFF						
	2-4 Tbsp IFC						
	1-4 Tbsp Ft and/or Veg						
Snack	0-7 mo	4-6 oz HM or IFF					
	8-11 mo (until 1 st birthday)	2-4 oz HM or IFF or Ft Juice					
0-½ slice Bread or 0-2 Crackers (Opt)							
Lunch	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF					
		0-3 Tbsp IFC (Opt) 0-3 Tbsp Ft and/or Veg (Opt)					
	8-11 mo (until 1 st birthday)	6-8 oz HM or IFF 1-4 Tbsp Ft and/or Veg					
2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch; or 1-4 oz Ch Food or Ch Spread							
Snack	0-7 mo	4-6 oz HM or IFF					
	8-11 mo (until 1 st birthday)	2-4 oz HM or IFF or Ft Juice					
0-½ slice Bread or 0-2 Crackers (Opt)							
Supper	0-3 mo	4-6 oz HM or IFF					
	4-7 mo	4-8 oz HM or IFF					
		0-3 Tbsp IFC (Opt) 0-3 Tbsp Ft and/or Veg (Opt)					
	8-11 mo (until 1 st birthday)	6-8 oz HM or IFF 1-4 Tbsp Ft and/or Veg					
2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch; or 1-4 oz Ch Food or Ch Spread							

* Minimum quantities are listed, some infants will need more food to satisfy their hunger and to be healthy.
 Note: Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.



Infant Meal Pattern Requirements

Iowa Child and Adult Care Food Program

The first year of life is divided into three, four-month age groupings with appropriate meal guidelines for each group. Although the meal pattern specifies breakfast, lunch, supper and snack, this may not match each baby's feeding pattern. Babies seldom accept rigid feeding schedules and may need to eat every 2 to 4 hours. Babies should be fed when hungry, "on demand" or "on cue."




A range of food amounts is listed to allow flexibility, based on each baby's appetite. Babies vary from day-to-day in the amounts they actually eat. The amounts listed are the **minimum** you must serve to meet requirements except for breast milk. Some babies may want less and should never be forced to finish what is in the bottle or what is spoon-fed. Let babies determine how much they will eat and learn the individual cues each baby uses to show hunger or fullness. You may serve larger portions to babies who want more than these amounts.

Always hold Infants who cannot sit when bottle feeding. Do not prop bottles for a baby. Juice should not be offered to infants until they are ready to drink from a cup. Bottle feeding of juice or bedtime bottles may cause baby bottle tooth decay.

Solid foods are optional for infants four through seven months of age, and should be introduced only if the infant is developmentally ready and the parent states the baby is ready. Solid foods should be introduced one at a time to help detect allergies.

Breast milk and/or iron-fortified infant formula must be served for the entire first year. All infants must be enrolled and the center or home must offer to provide at least one allowable iron-fortified infant formula.

The chart "Is This infant Meal Reimbursable?" describes which meals can be claimed for CACFP reimbursement.

Age of Baby	Breakfast	Lunch and Supper	Snack
Birth through 3 months 	4-6 fluid ounces (fl oz) breast milk ^{1,2} or formula ³	4-6 fl oz breast milk ^{1,2} or formula ³	4-6 fl oz breast milk ^{1,2} or formula ³
4 months through 7 months 	4-8 fl oz breast milk ^{1,2} or formula ³ 0-3 Tbsp. Infant cereal ^{3,4} (optional)	4-8 fl oz breast milk ^{1,2} or formula ³ 0-3 Tbsp. Infant cereal ^{3,4} (optional) 0-3 Tbsp. fruit and/or vegetable (optional) ⁴	4-6 fl oz breast milk ^{1,2} or formula ³
8 months through 11 months (until 1 st birthday) 	6-8 fl oz breast milk ^{1,2} or formula, ³ and 2-4 Tbsp. Infant cereal; ³ and 1-4 Tbsp. fruit and/or vegetable	6-8 fl oz breast milk ^{1,2} or formula ³ and 2-4 Tbsp infant cereal ³ and/or 1-4 Tbsp. meat, fish, poultry, egg yolk, cooked dry beans or split peas; or ½-2 oz. cheese; or 2-8 Tbsp. cottage cheese; or 1-4 oz cheese food, or cheese spread; and 1-4 Tbsp. fruit and/or vegetable	2-4 fl oz breast milk ^{1,2} or formula ³ or fruit juice ⁵ 0-½ slice of bread ^{4,6} or 0-2 crackers ^{4,6} (optional)

¹ Breast milk or formula, or portions of both may be served (ask parent's wishes); however, it is recommended that breast milk be served in place of formula from birth through 11 months.

² For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

³ Infant formula and dry infant cereal must be iron fortified.

⁴ A serving of this component is required only when the infant is developmentally ready to accept it.

⁵ Fruit juice must be full-strength.

⁶ Bread and crackers must be made from whole-grain or enriched meal or flour, without nuts, seeds or honey.