

Infant Formula Selection & Solid Foods
Parent Instruction Guide
 Nebraska Child and Adult Care Food Program
 Revised March 2020



Dear Parent:

The **Infant Formula Selection & Solid Foods Form** is intended to be a living document shared between the child care provider and families to ensure that breastmilk/formula/solid baby foods (texture appropriate) are served at the discretion of the parents. **As new foods are introduced at home, the form should be updated.** This allows the child care provider to know what and when to serve solid foods.

Section Instructions:

- A. Infant Formula Selection:** This section is completed upon enrollment. Child care providers are required to offer an iron-fortified formula to all infants in their care. This section will state which iron-fortified formula is provided. Parents must either **accept or decline** the formula offered. If the parent declines the formula provided by the child care provider, an approved formula and/or breastmilk must be provided by the parent.
- B. Infant Meals:** Once texture appropriate foods have been introduced at home, this section must be updated. The parent must identify which texture appropriate foods and which meals and snacks they wish their child to be offered. An approval date must be entered into the box next to the meals and snack as well as next to the foods the parent wishes be offered. This form should be updated as foods are introduced at home or as the feeding schedule changes. Once an infant is regularly consuming a variety of foods, the child care provider must offer the child meals/snacks consistent with the CACFP Infant Meal Pattern (shown below).

CACFP Infant Meal Pattern

Meal	Birth through 5 months	6 through 11 months*
Breakfast, Lunch, Supper	4-6 fluid oz of breastmilk ¹ or iron-fortified infant formula	6-8 fluid oz of breastmilk ¹ or iron-fortified infant formula -AND-² *0-4 Tbsp iron-fortified infant cereal, meat, fish, poultry, whole eggs, cooked dry beans, cooked dry peas -OR- 0-2 oz cheese -OR- 0-1/2 cup cottage cheese -OR- 0-4 oz or 1/2 cup yogurt ³ -OR- A combination of the above -AND- *0-2 Tbsp vegetables or fruit or a combination of both ⁴
Snacks	4-6 fluid oz of breastmilk ¹ or iron-fortified infant formula	2-4 fluid oz breastmilk ¹ or iron-fortified infant formula -AND-² *0-1/2 oz eq bread ⁵ -OR- 0-2 crackers ⁵ -OR- 0-4 Tbsp iron-fortified infant cereal ⁵ -OR- 0-4 Tbsp ready-to-eat breakfast cereal ⁵⁻⁶ -AND- *0-2 Tbsp vegetable or fruit, or a combination of both

*Foods should be introduced when the infant is developmentally ready. Once parent has approved baby/solid foods (texture appropriate), these components must be provided

¹Breastfeeding on site is creditable as part of a reimbursable meal or snack. For infants who regularly consume a smaller amount of breastmilk, a smaller amount can be served as long as the full serving is available and offered. ²Foods from the following components are required when developmentally ready. ³Yogurt must contain no more than 23 grams of sugar per 6 ounces. ⁴Juice is not creditable for infants. ⁵A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁶Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

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