



# Infant Formula Selection & Solids Foods

## Nebraska Child and Adult Care Food Program

Revised August 2017

Good communication between parents and child care providers is essential for successful infant feeding. Solid foods should be introduced when an infant is developmentally ready (around six months of age). Solid foods should be served after parents have introduced them at home in consultation with the infant's health care provider. Child care providers should not be the first to introduce new foods.

**Instruction for parents:** Identify new foods successfully introduced to the infant, with the date, in the spaces below. Update the form whenever new foods are introduced and return to the child care center.

**Instructions for child care staff:** Make forms accessible for parents to update on an ongoing basis.

Infant Name: _____	Date of Birth: _____
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**A. Infant Formula Selection:**

This center provides \_\_\_\_\_ (brand) iron fortified infant formula to all infants under one year of age. I **Accept** or **Decline** the center's formula (Please circle one). If declined the center's formula, please identify what will be provided: **Breastmilk** (circle) or **Formula** (list brand) \_\_\_\_\_. Please provide a written schedule of amounts and feeding times on the back of this form or an additional page.

**B. My infant is ready for solid foods, in addition to formula or breastmilk, for the following meals (write date):**

Breakfast		Lunch		Supper	
AM Snack		PM Snack		Evening Snack	

**C. Identify foods introduced to your infant at home:**

Foods introduced			
Food	Date	Food	Date
<b>Iron-fortified infant cereals</b>		<b>Bread/crackers for snacks only</b> (whole grain-rich, enriched meal, or enriched flour, no seeds or nuts)	
Rice		Bread/toast/rolls	
Oat		Biscuits	
Barley		Saltines	
Mixed		Pancakes, waffles	
Wheat		Tortilla wheat/corn, soft	
<b>Soft fresh or cooked fruits and vegetables of appropriate texture for the infant's development abilities.</b> Fruits and vegetables should be peeled and seeds removed.		<b>Ready-to-eat (RTE) Breakfast Cereal) at snack time:</b> RTE cereal is allowed when an infant is developmentally ready to accept it. List specific cereals below. Texture must be appropriate for infant's abilities. Cereals must not have more than 6 grams of sugar per dry ounce.	
Apples		Cereal:	
Apricots		Cereal:	
Bananas		Cereal:	
Carrots		<b>Meat and meat alternates</b>	
Cherries		Beef (soft, moist)	
Grapes		Dry beans, cooked, mashed or pureed	
Green beans		Cheese, natural (not processed) Name:	
Melon		Chicken (soft, moist)	
Peaches		Cottage cheese	
Pears		Dry (split) peas, cooked, mashed or pureed	
Peas		Fish, Name:	
Plums		Pork, (soft, moist)	
Potatoes		Tuna	
Prunes		Turkey, (soft, moist)	
Squash		Whole egg	
Sweet potatoes		Yogurt (less than 23 grams total sugar per 6 oz)	
<b>Other foods and dates:</b>			

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_