



## Summary of Child and Adult Care Food Program Meal Pattern Revision: Infants Meals

USDA is proposing to revise the CACFP Meal Patterns to ensure children will have access to healthy, balanced meals throughout the day. The proposed changes to the infant meal patterns, which are outlined below, support breastfeeding and the consumption of fruits and vegetables without added sugars. These changes are based on the scientific recommendations from the Institute of Medicine and stakeholder input.

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### Proposed Revisions

Two age groups, instead of the current three, are proposed:

- \* 0 through 5 months, and
- \* 6 through 11 months.

To better meet the nutritional needs of infants, the proposed rule would:

- \* Allow service of only breastmilk and/or infant formula through 5 months of age;
- \* Allow the introduction of additional meal components at 6 months of age, as developmentally appropriate;
- \* Allow providers to receive reimbursement when the mother comes to the day care center or home and directly breastfeeds her infant and no additional meal component is provided; and
- \* Restrict service of fruit juice and cheese/cheese products.

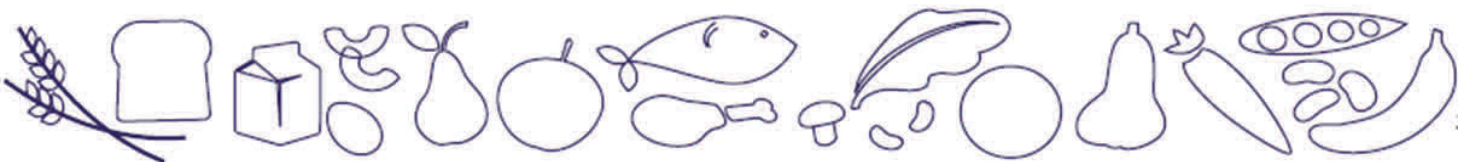
### Best Practices

The best practices highlight areas where centers and day care homes may choose to take additional steps towards meeting nutrition and wellness standards. Centers and day care homes with infant participants are encouraged to:

- \* Adopt practices that support and encourage breastfeeding of infants, such as providing mothers with a quiet, private area to breastfeed and encouraging mothers to supply breastmilk for their infants in care; and
- \* Provide materials and other educational opportunities to breastfeeding mothers.

### Tell Us What You Think

We want to hear from you! Please visit [www.fns.usda.gov/cacfp/federal-register-documents](http://www.fns.usda.gov/cacfp/federal-register-documents) to learn how to provide comments on these proposed changes.





## Current and Proposed Infant Meal Patters: Let's Compare

### Infant Meal Patterns\*

	Current			Proposed	
	0 – 3 months	4 - 7 months	8 - 11 months	0 - 5 months	6- 11 months
<b>Breakfast</b>	4-6 oz. breastmilk/ formula	4-8 oz. breastmilk/ formula  0-3 tbsp infant cereal	6-8 oz. breastmilk/ formula  2-4 tbsp infant cereal, and  1-4 tbsp fruit, vegetable or both	4-6 oz. breastmilk/ formula	6-8 oz. breastmilk/ formula  1-4 tbsp infant cereal, meat, fish, poultry, egg yolk, cooked dry beans or dry peas or any combination of the above  1-2 tbsp fruit, vegetable or combination of both
<b>Lunch/ Supper</b>	4-6 oz. breastmilk/ formula	4-8 oz. breastmilk/ formula  0-3 tbsp infant cereal, and  0-3 tbsp fruit, vegetable or both	6-8 oz. breastmilk/ formula  2-4 tbsp infant cereal, and/or  1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas, or ½-2 oz. cheese, or 1-4 oz. cottage cheese, or 1-4 oz. cheese food or cheese spread, and  1-4 tbsp fruit, vegetable or both	4-6 oz. breastmilk/ formula	6-8 oz. breastmilk/ formula  1-4 tbsp infant cereal, meat, fish, poultry, egg yolk, cooked dry beans or dry peas or any combination of the above  1-2 tbsp fruit, vegetable or combination of both
<b>Snack</b>	4-6 oz. breastmilk/ formula	4-6 oz. breastmilk/ formula	2-4 oz. breastmilk/ formula or fruit juice, and  0-½ slice bread, or  0-2 crackers	2-4 fluid oz. breastmilk/ formula	2-4 fluid oz. breastmilk/ formula  ¼-½ oz bread, cracker, or ready-to-eat breakfast cereal  1-2 tbsp fruit, vegetable or combination of both

\*All serving sizes are minimum quantities of the food components that are required to be served. Centers and day care homes may choose to serve a larger quantity if nutritionally appropriate.

