



# STATE OF NEW YORK DEPARTMENT OF HEALTH


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**DOH-CACFP:** Number 131H (05/09)  
Supersedes Number 52 (07/00)

**TO:** All CACFP Sponsoring Organizations of Day Care Homes

**FROM:** Lynne Oudekerk, Acting State Director  
Child and Adult Care Food Program 

**SUBJECT:** Healthy Infant Meal Pattern

## I. Purpose and Scope

CACFP has revised and renamed its Infant Meal Pattern to reflect the important role that CACFP-participating child care programs play in serving healthy foods, beginning in infancy. Effective January 1, 2010, CACFP's Healthy Infant Meal Pattern (CACFP-103) will replace the current Infant Meal Pattern. Beginning on that date, all meals must meet the Healthy Infant Meal Pattern in order to be eligible for meal reimbursement.

## II. Mandated Infant Meal Pattern Changes (8-12 months of age only)

- A. Vegetables/Fruits
  - No more than one serving of juice may be served per day.
  - Juice must be served from a cup, not a bottle.
- B. Meat/Meat Alternates
  - Cheese food and cheese spread are not allowed as a meat alternate for infants.

## III. Summary of Changes

CACFP has created the Healthy Infant Meal Pattern to reflect menu improvements associated with a decreased risk of overweight, obesity, and chronic disease. Starting on January 1, 2010, CACFP programs must follow this new meal pattern in order to receive CACFP reimbursement for meals and snacks served.

Enclosures

Healthy Infant Meal Pattern (CACFP-103)

	FOOD COMPONENTS	FOOD ITEMS	Required Minimum Quantities		
			Birth through 3 months	4 through 7 months	8 months through 1st birthday
<b>BREAKFAST</b>	Breastmilk or Iron-fortified Infant Formula	Breastmilk or Iron-fortified Infant Formula	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.
	Vegetable/Fruit		0	0	1-4 Tbsp.
	Iron-fortified Infant Cereal		0	0-3 Tbsp.	2-4 Tbsp.
<b>SNACK</b>	Breastmilk or Iron-fortified Infant Formula	Breastmilk or Iron-fortified Infant Formula	4-6 fl. oz.	4-6 fl. oz.	2-4 fl. oz.
	Bread or Cracker-type Product	Whole Grain or Enriched Bread <i>or</i> Whole Grain or Enriched Cracker-type Product <i>or</i> Teething Biscuit, Arrowroot Cookies	0	0	0-1/2 slice 0-2 crackers 0-2 each
	Breastmilk or Iron-fortified Infant Formula	Breastmilk or Iron-fortified Infant Formula	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.
<b>LUNCH OR SUPPER</b>	Vegetable/Fruit		0	0-3 Tbsp.	1-4 Tbsp.
	Iron-fortified Infant Cereal and/or Meat/Meat Alternate	Infant Cereal <i>or</i> Lean Meat, Poultry or Fish <i>or</i> Egg Yolk <i>or</i> Cooked Dry Beans, Peas or Lentils <i>or</i> Cheese <i>or</i> Cottage Cheese	0	0-3 Tbsp.	2-4 Tbsp.
			0	0	1-4 Tbsp.
			0	0	1-4 Tbsp.
			0	0	1-4 Tbsp.
			0	0	1/2-2 oz.
			0	0	2-8 Tbsp.

Breastmilk or formula, or portions of both, may be served. However, it is recommended that breastmilk be served in place of formula from birth through the infant's first birthday. For breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, as long as additional breastmilk is offered if the infant is still hungry.

Because the introduction of solid foods serves an important purpose in an infant's daily diet, solid foods are required as part of a reimbursable meal for infants who are developmentally ready for them. The decision to feed specific foods should always be made in consultation with an infant's parent or guardian.

For infants receiving solid foods, the provider must supply at least one component of the meal to request reimbursement, either formula or a food item. 100% fruit juice may be substituted for breastmilk or infant formula as a snack for infants 8 months of age and older; it must be served from a cup. No more than one serving of juice may be served per day.

A CACFP income eligible day care home provider can only claim meals served to their own child at a mealtime when other enrolled, non-resident children are present. See DOH-CACFP Policy Memo No. 120 for additional information.

Refer to the *Crediting Foods in CACFP* for information about specific meal components.