



Nutrition Edition

Your Guide to Child Health and Nutrition



Nutrition Edition
Issue 75

CCFPRoundtable.org

Baby Talk

UPDATES TO THE CACFP INFANT MEAL PATTERN

Providers participating on the CACFP must offer the food program to all enrolled children, including infants. As part of offering a meal that is compliant with the updated CACFP infant meal pattern requirements, day care homes must offer at least one type of iron-fortified infant (0–12 month) formula to infants in care.

A parent or guardian may, at their discretion, decline the infant formula offered by the day care home and provide breastmilk or a creditable infant formula instead. Parent/guardian provided breastmilk or creditable infant formula served by the child care provider to an infant is eligible for reimbursement, including when an infant is only consuming breastmilk or infant formula for a meal. However, the day care home must supply all the other required meal components in order for the meal to be reimbursable when the infant is consuming solid foods. The American Academy of Pediatrics (AAP), recognizes the numerous benefits of breastfeeding and recommends breastmilk as the optimal source of nutrients through the first year of life. Therefore,



day care homes may claim reimbursement of meals when a mother directly breastfeeds her infant at the day care home.

Expressed breastmilk may now be stored in the refrigerator for up to 72 hours (previously 24 hours), from the time of expression, as long as the temperature of the fridge is at 40°F or below.

The updated CACFP infant meal pattern includes two infant age groups: birth through 5 months and 6 months through 11 months. These updated infant age groups will help delay the introduction of solid foods until around 6 months of age when infants are typically ready to consume

(continued on page 2)

DID YOU KNOW...

- Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships.
- Research has shown yoga may ease anxiety and improve classroom behavior.
- Children are 24% more likely to eat healthy foods if their family eats at least three meals together each week.
- American family dinners include vegetables only 23% of the time.
- An infant formula purchased outside of the United States and not regulated by the FDA, is not creditable on the CACFP.
- For an infant formula to be considered "Iron Fortified" it must have 1 mg or more of iron per 100 calories of prepared formula.

Harvard Health, Parents Magazine, USDA

Quotable Quotes

“Thanksgiving, man. Not a good day to be my pants.”

– Kevin James

INSIDE:

- Guidelines on Storing, Handling and Feeding Breastmilk
- Thanksgiving Activity
- Recipes

Baby Talk

— Continued from front page

them. According to the AAP, by 7–8 months of age, infants should be consuming solid foods from all food groups (vegetables, fruits, grains, protein and dairy).

INTRODUCING SOLID FOODS

An infant's readiness to accept solid foods depends on his/her rate of development. ***Once an infant is developmentally ready for solid foods, the day care home is required to offer them to the infant.*** Introduce solid foods gradually; new foods may be introduced one at a time over the course of a few days. Be aware of the infant's eating cues as eating



patterns may change. Serve solid foods which are of a texture and consistency that is appropriate for their age and development.

Day care homes should communicate with parents of infants about what solid foods are being served. When talking with parents about when to serve solid foods, the following guidelines from the AAP can help determine if an infant is developmentally ready:

- The infant is able to sit in a high chair or infant feeding seat with good head control.
- The infant opens his/her mouth when food comes his/her way. He/she may watch others eat, reach for food and seem eager to be fed.
- The infant can move food from a spoon into his or her throat.

VEGETABLES & FRUITS AT EVERY MEAL AND SNACK

The primary goal of improving the CACFP meal patterns was to help children establish healthy eating patterns at an early age. Offering a variety of nutrient dense foods, including vegetables and fruits (cooked, mashed, or pureed as needed to obtain the appropriate texture), can help promote good nutritional status. The AAP recommends infants consume more vegetables and fruit, therefore a fruit or vegetable is required at all meals and snacks for developmentally ready infants (around 6 months of age). To increase infants' exposure and consumption of vegetables and fruits, ***the updated meal pattern requires vegetables and fruits be served at snack*** for infants that are developmentally ready. In addition, ***juice cannot be served to infants of any age.***

GRAINS AT SNACK

To provide greater flexibility, ***the updated infant meal pattern allows ready-to-eat cereals to be served for the grain component at snack (only)*** for infants that are developmentally ready. All ready-to-eat cereals served to infants are subject to the same sugar limit as breakfast cereals served to older children in the CACFP, cereal must contain no more than 6 grams of sugar per dry ounce. Ready-to-eat cereals are not reimbursable at breakfast, lunch or supper for infants. Bread, crackers or other grains may also be served to infants at snack to fulfill the grain component.

CHANGES TO MEAT AND MEAT ALTERNATES

The updated infant meal pattern allows yogurt as a meat alternate for older infants that are developmentally ready. In addition, ***the updated infant meal pattern no longer allows cheese food or cheese spread as reimbursable meat alternates***, due to their high sodium content.

The updated infant meal pattern also allows whole eggs as meat alternates. Previously, only egg yolks were creditable in the infant meal pattern because of concerns with developing food allergies when exposed to the protein in the egg white. However, the AAP recently concluded that there is no convincing evidence to delay the introduction of foods that are considered major food allergens, such as eggs.

— Adapted from USDA memo code CACFP 23-2016

KIDS' HEALTH & SAFETY

Guidelines on Storing, Handling and Feeding Breastmilk

BREASTMILK NEEDS to be stored and handled safely to keep it from spoiling. Follow the specific health and safety regulations that are required by your state and local authorities for safe food handling and the general tips below:

HANDLING OF BREASTMILK BEFORE ARRIVING AT THE FACILITY

Ask mothers to:

- Store their breastmilk in the refrigerator or freezer immediately after expressing it and label the bottles with the baby's name, the date and the time the breastmilk was collected.
- Store the milk in BPA-free, hard plastic bottles, if possible.
- Fill the bottles with the amount of breastmilk the baby usually drinks at one feeding. Some babies may consume less than 4 ounces at a feeding. Freeze some bottles with 1 to 2 ounces of breastmilk for times when the baby wants extra breastmilk.
- Carry bottles of fresh or frozen breastmilk to the facility in a cooler with an ice pack to keep the milk cold.

HANDLING AND STORING BREASTMILK AT THE FACILITY

- Breastmilk from a mother is designed especially to meet the needs of her baby. If more than one baby or child is drinking from bottles, make sure that each bottle is clearly labeled with the respective baby's name and never accept or use an unlabeled bottle.
- Refrigerate bottles immediately upon arrival and until ready to use.
- To prevent spoiling, do not allow bottles of breastmilk to stand at room temperature.
- Use refrigerated bottles of fresh breastmilk, kept at 40° F or below, within 72 hours from the time they were collected. Discard unused breastmilk if not used within 72 hours.
- Breastmilk can be stored in a freezer (with a separate door from the refrigerator), for up to 3 months from when it was collected. Freezer temperature should be 0° F or below.
- Rotate frozen breastmilk, using the oldest milk first.
- Protect breastmilk in an air-tight container while in the freezer. Once the breastmilk is removed from the freezer

and thawed, refrigerate it at 40°F or below and use it within 24 hours; do not refreeze it.

- Do not save and reuse breastmilk leftover from bottles.
- Wash skin on which breastmilk has spilled with soap and water immediately.

PREPARING AND USING STORED BREASTMILK FOR FEEDING

- Wash your hands, before handling bottles and feeding infants.
- Thaw frozen breastmilk in the refrigerator or hold the bottle under cold, running water. Thaw only as much breastmilk as you think a baby will need for a feeding.
- Do not thaw breastmilk at room temperature, by heating on a stove or in a microwave. Liquid may become very hot when microwaved, even though the bottle feels cool and could seriously burn a baby. Also, heating damages special substances in breastmilk that protect baby's health.
- If breastmilk has a bad odor after thawing, it may have spoiled and should be thrown out.
- Once thawed, do not refreeze breastmilk.
- For those babies who prefer a warm bottle, hold the bottle under running warm (not hot) water immediately before feeding the baby. Warm only as much breastmilk as you think a baby will need for a feeding. Feed breastmilk immediately after warming.
- Shake the bottle of breastmilk before feeding the baby because breastmilk separates into two layers when it is stored.
- Follow the baby's lead in the amount of breastmilk to feed. Feed the baby until he/she is no longer hungry.
- Discard any unused breastmilk left in a bottle and wash the bottle with soap and hot water.

CLEANING BOTTLES

- Clean and sanitize bottles and their parts before reusing or filling with new expressed breastmilk. Throw out disposable nursing bags after each use.

— *USDA, Feeding Infants: A Guide for Use in the Child Nutrition Programs*

Fruity Turkey Salad

Turkey, cooked.....	1 pound	Dried cranberries, chopped.....	¼ cup
Mayonnaise.....	½ cup	Sage, fresh, lightly chopped.....	2 Tbsp
Lemon, zest and juice.....	1	Salt.....	½ tsp
Celery, chopped.....	2 stalks	Pepper.....	to taste
Red onion, finely chopped.....	1	Cantaloupe, halved, seeded, peeled.....	1
Red bell pepper, chopped.....	1	Pecans, toasted, chopped.....	½ cup
Apple, chopped.....	1		
or			
Grapes, halved.....	1 cup		

1. Combine all ingredients except the cantaloupe and pecans. Refrigerate 1 hour before serving.
2. Cut the cantaloupe into 8 “boat-like” wedges, then scoop the turkey salad into the cantaloupe. Sprinkle with pecans.

Yield: 8 servings

Meets requirements for meat/meat alternate and fruit

— Adapted from AltonBrown.com

Sweet Potato-Cauliflower Gratin

Olive oil.....	2 Tbsp	Pepper.....	to taste
All purpose flour.....	3 Tbsp	Sweet potatoes, peeled and sliced ¼ inch thick.....	1 pound
Milk.....	1 cup	Cauliflower, quartered and sliced ¼ inch thick.....	1 head
Broth, chicken or vegetable.....	1 cup		
Parmesan cheese, grated.....	¼ cup + 2 Tbsp		
Sage, fresh, chopped.....	1 Tbsp		
Salt to taste			

1. Heat oven to 350°F. Heat oil in a saucepan over medium heat. Add flour and cook, stirring 1 minute. Slowly whisk in milk and broth. Cook, whisking until thick about 12 minutes. Remove from heat and stir in ¼ cup Parmesan cheese and sage. Season with salt and pepper.
2. Pour a third of the sauce in the bottom of a 9 by 13 inch casserole dish. Arrange a third of the sweet potato and cauliflower slices along the bottom. Repeat twice with remaining sauce and vegetables.
3. Cover and bake until vegetables are tender, about 45 minutes. Raise oven temperature to 425°F. Remove cover and sprinkle with remaining cheese. Bake about 20 minutes until golden brown. Let stand 10 minutes before serving.

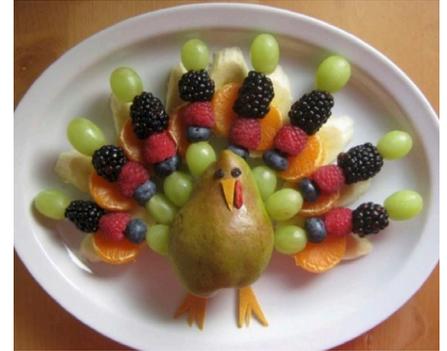
Yield: 10 servings

Meets requirement for vegetable

— Adapted from www.whole living.com

ACTIVITY CORNER

Thanksgiving Activity



Turkey Fruit Kabobs

Make several skewers with colorful fresh fruit such as berries, pineapple, grapes, bananas and cubes of melon. These become your “feathers.” Place a pear on a plate for the turkey’s head and body. Fan the skewers to create the feathers. Use small pieces of fruit for the eyes, nose, mouth and feet. Eat and enjoy!

Happy Thanksgiving!

This Nutrition Edition is brought to you by:



Child Development Associates
Nutrition Program
180 Otay Lakes Road, Suite 300
Bonita, CA 91902

and is produced by:



Childhood Champions
Child Health & Nutrition Program

www.CoCoKids.org
nutrition@cocokids.org
(925) 676-6117 • (Fax) 676-5829

Program Director..... Paula James
Co-Editor..... Donna Green, RD
Supervisor, Co-Editor..... Catherine Stafford

Food What’s the key to a great Thanksgiving dinner?
Funny The turkey!