

# Feeding Infants: 0-5 Months

A Training Presentation for  
Child and Adult Care Food  
Program (CACFP) Operators



# USDA's Team Nutrition



• An initiative of the USDA's Food and Nutrition Service to support the USDA's Child Nutrition Programs.

• Aims to improve children's lifelong eating and physical activity habits.

• Provides nutrition education and training materials to State agencies, sponsoring organizations, and CACFP sites.



[TeamNutrition.usda.gov](https://TeamNutrition.usda.gov)



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**Let Us Know  
Who You Are!**  
I work for a...

- ☐ Child care center
- ☐ Family child care home
- ☐ At-risk afterschool care center
- ☐ Adult day care center
- ☐ Sponsoring organization
- ☐ Emergency shelter
- ☐ School food authority
- ☐ State agency
- ☐ USDA Regional Office
- ☐ Other

# What is the CACFP Infant Meal Pattern?

	0-5 Months	6-11 Months
Breakfast	4-6 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula 0-4 tbsp. infant cereal, meat, fish, poultry, whole egg, cooked dry beans and peas; or 0-2 oz. cheese; or 0-4 oz. yogurt; or a combination 0-2 tbsp. vegetable, fruit, or both

## Abbreviations:

fl. oz. = fluid ounces • tbsp. = Tablespoon • oz. = ounces

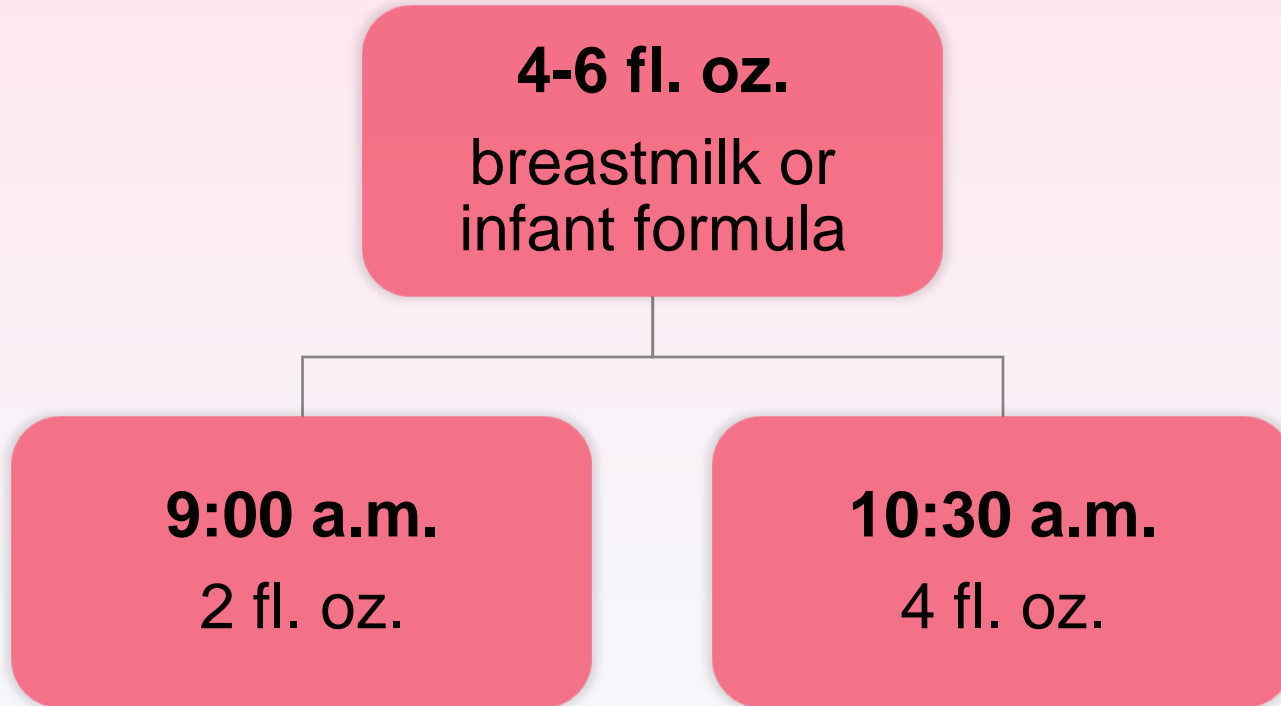
# Infants 0-5 Months

	0-5 Months
<b>Breakfast</b>	4-6 fl. oz. breastmilk or formula
<b>Lunch or Supper</b>	4-6 fl. oz. breastmilk or formula
<b>Snack</b>	4-6 fl. oz. breastmilk or formula

## Abbreviations:

fl. oz. = fluid ounces

# Sample Breakfast Meal





## Do I give a baby breastmilk or formula?

**Speak with the baby's parents.  
They may choose to:**

1. Use the iron-fortified infant formula you provide.
2. Decline the one you provide, and bring their own iron-fortified infant formula.
3. Provide breastmilk or breastfeed at your site.
4. Provide breastmilk and supplement with the iron-fortified infant formula you provide.
5. Provide breastmilk and provide their own iron-fortified infant formula.



You can claim the meal for reimbursement in any of these situations.

# Iron-Fortified Infant Formula



**You must offer at least one iron-fortified infant formula that is regulated by the Food and Drug Administration.**



# What if a Baby is Still Hungry?

**Talk to the baby's parents.**  
**You can:**

- Encourage them to bring in a back-up supply of breastmilk.
- Ask if they would like you to offer iron-fortified infant formula to their baby.



# Feed Babies On Demand

Feed a baby when he or she shows signs of hunger:

- Makes sucking noises
- Sucks on hands, fingers, toes
- Reaches for a bottle
- Rooting
- **Crying is a late sign of hunger**





## Try It Out!

These are all signs that a baby is hungry, *except*:

Choose one of the following:

- ☐ Makes sucking noises
- ☐ Seals lips together
- ☐ Rooting
- ☐ Sucks on hands



## Answer

These are all signs that a baby is hungry, *except*:

Choose one of the following:

- ☐ Makes sucking noises
- ☒ **Seals lips together**
- ☐ Rooting
- ☐ Sucks on hands

# Reading Signs of Fullness

**Stop a feeding when you see one or more of these signs:**

- Stops sucking or slows down sucking
- Falls asleep
- Turns head away
- Seals lips together
- No longer pays attention during the feeding





**Try It Out!**  
These are all  
signs that a baby  
is full, *except*:

Choose one of the following:

- ☐ Falls asleep
- ☐ Seals lips together
- ☐ Stops sucking or slows down sucking
- ☐ Rooting



## **Answer**

These are all signs that a baby is full, *except*:

Choose one of the following:

- ☐ Falls asleep
- ☐ Seals lips together
- ☐ Stops sucking or slows down sucking
- ☒ **Rooting**

# A Baby's Usual Eating Habits

- Offer the full minimum amount of breastmilk or infant formula when the baby is hungry.
- Some babies may eat less than what you offer – that's okay!
- Never force a baby to finish the bottle.







### Try It Out!

Baby Zoe is rooting and is making sucking noises.

Marta, her child care provider, can tell Baby Zoe is hungry. Marta prepares a bottle containing 6 fl. oz. of breastmilk. Baby Zoe is full after eating 3 fl. oz. of breastmilk and does not finish her bottle.

Can Marta still claim the 3 fl. oz. of breastmilk as a reimbursable meal?

☐ Yes

☐ No



### Answer

Baby Zoe is rooting and is making sucking noises. Marta, her child care provider, can tell Baby Zoe is hungry. Marta prepares a bottle containing 6 fl. oz. of breastmilk. Baby Zoe is full after eating 3 fl. oz. of breastmilk and does not finish her bottle.

Can Marta still claim the 3 fl. oz. of breastmilk as a reimbursable meal?

☒ **Yes**

☐ No

# Breastfeeding On-Site

- Offer mothers a clean, comfortable, and quiet place to breastfeed her baby.
  - Small room
  - Corner of a classroom
  - Office
- The space may include:
  - A pillow for mom to support baby
  - A foot stool
  - A comfortable chair





### **Try It Out!**

Mom comes in around lunch to breastfeed her baby at your child care site. You don't know how much breastmilk the baby had since she was breastfed.

Can you claim this as part of a reimbursable lunch?

☐ Yes

☐ No



## Answer

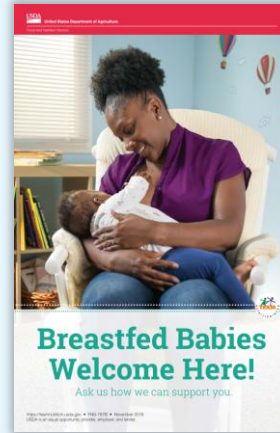
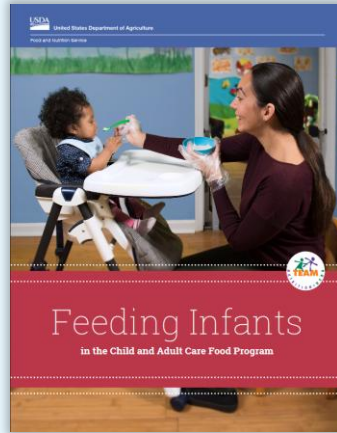
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Can you claim this as part of a reimbursable lunch?

☒ **Yes**

☐ No

# More Team Nutrition Resources!



[TeamNutrition.usda.gov](https://teamnutrition.usda.gov)

# How To Order Print Copies

Resource Order Form at [TeamNutrition.usda.gov](https://TeamNutrition.usda.gov).

- **FREE** for those participating in a USDA's Child Nutrition Program, while supplies last.
- Sponsoring organizations and State agencies can also order in bulk by sending an email to:



[TeamNutrition@usda.gov](mailto:TeamNutrition@usda.gov)



# Thank you!



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