

How to Support Breastfeeding in the CACFP

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.



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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

Benefits of Breastfeeding

Breastfed babies may have:

- lower risk of asthma
- fewer ear and respiratory infections
- lower risk of SIDS
- fewer infections that cause vomiting and diarrhea
- lower risk of becoming obese
- and more!

Mothers who breastfeed may:

- have less blood loss after childbirth
- feel more relaxed
- have lower risk of ovarian and certain types of breast cancer
- have lower risk of Type 2 diabetes
- and more!

How the CACFP Meal Patterns Support Breastfeeding

- Provide reimbursement to CACFP operators if the mother breastfeeds on-site.
- Encourage mothers to supply breastmilk for their child while in child care.
- Offer a quiet, private area that is comfortable and sanitary for mothers who come to your child care site to breastfeed.



Creating a Breastfeeding-Friendly Environment

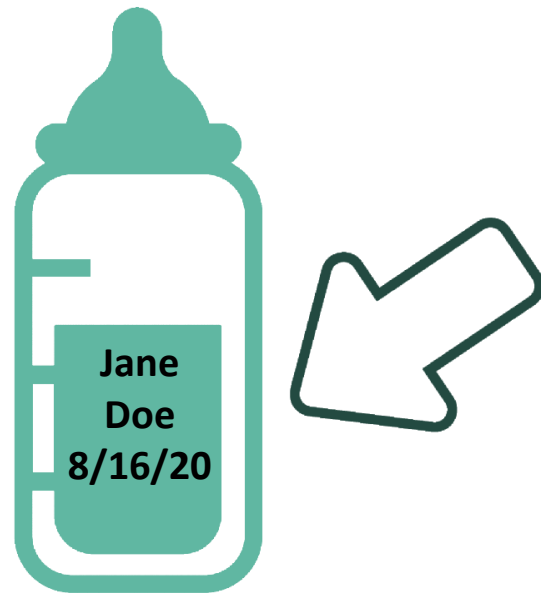
If possible, offer a quiet, comfortable place to breastfeed or pump that includes:

- Drinking water
- Pillow
- Disinfectant wipes
- Table
- Electrical outlet
- Stool
- Comfortable chair



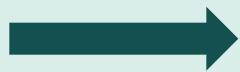
Receiving Breastmilk at the Child Care Site

- Bottles should be labeled with:
 - Baby's full name
 - Date the breastmilk was pumped and thawed
- Bottles containing breastmilk should be kept in the refrigerator or freezer until it is time to feed the baby



If State child care licensing regulations or local health codes for handling and storing breastmilk are stricter, follow those regulations.

Storing Breastmilk at Your Child Care Site



If your State or local authorities have stricter regulations, follow those.

<u>Guidance</u>	<u>Countertop</u> 77 °F (25 °C) or colder (room temperature)	<u>Refrigerator</u> 40 °F (4 °C)	<u>Freezer</u> 0 °F (-18 °C) or colder
Freshly pumped breastmilk	Do not use after 4 hours	Do not use after 3 days (72 hours)*	Within 6 months is best. Do not use after 12 months.
Thawed breastmilk	Do not use after 1–2 hours	Do not use after 1 day (24 hours)	Never refreeze thawed breastmilk
Leftover from a feeding <i>(baby did not finish the bottle)</i>	Do not use after 2 hours after the baby is finished feeding.	Do not use after 2 hours after the baby is finished feeding.	Do not use after 2 hours after the baby is finished feeding.

*CACFP operators may store breastmilk in the refrigerator for up to 3 days (72 hours). This is stricter than the guidelines for storing breastmilk at home.



Try It Out!

How long can child care sites participating in the CACFP store freshly pumped breastmilk in the refrigerator?

- ☐ 1 day (24 hours)
- ☐ 6 months
- ☐ 3 days (72 hours)
- ☐ It cannot be stored





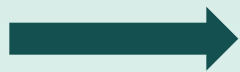
Answer

How long can child care sites participating in the CACFP store freshly pumped breastmilk in the refrigerator?

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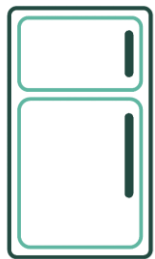
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Thawing Frozen Breastmilk



Only thaw the amount of breastmilk needed for one feeding.



You can thaw frozen breastmilk:

- In the refrigerator overnight
- In a container of warm water
- Under warm running water



Never thaw frozen breastmilk:

- At room temperature
- By mixing the frozen breastmilk with warm breastmilk
- By placing in boiling water
- By heating in a microwave

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- ☐ True
- ☐ False

Try It Out!

A bottle of breastmilk should be labeled with the baby's full name and the date(s) the breastmilk was pumped and thawed.





Answer

A bottle of breastmilk should be labeled with the baby's full name and the date(s) the breastmilk was pumped and thawed.

- ☒ True
- ☐ False

If State child care licensing regulations or local health codes for handling and storing breastmilk are stricter, follow those regulations.





Try It Out!

How can a child care provider safely thaw frozen breastmilk?

- ☐ Place the bottle in boiling water
- ☐ Place in refrigerator, thaw overnight
- ☐ Thaw at room temperature, up to 4 hours
- ☐ Heat in the microwave





Answer

How can a child care provider safely thaw frozen breastmilk?

- ☐ Place the bottle in boiling water
- ☒ **Place in refrigerator, thaw overnight**
- ☐ Thaw at room temperature, up to 4 hours
- ☐ Heat in the microwave



Feeding the Breastfed Baby

- Bottles should remain in the refrigerator until it is time to feed the baby.
- Feed a baby when he or she shows signs of hunger.
- Gently swirl the breastmilk if needed. Do not shake.



Preparing a Bottle of Breastmilk

- A bottle of breastmilk does not have to be warmed before a feeding. If it is, it can be placed:
 - under warm running water, or
 - in a container of warm water
- Never put infant cereal or other foods or beverages in the bottle.



Bottle Feeding the Breastfed Baby

1. Hold the baby during feeding.
2. Brush the bottle's nipple across the baby's upper lip.
3. Use a slow flow bottle nipple and hold the bottle mostly sideways.

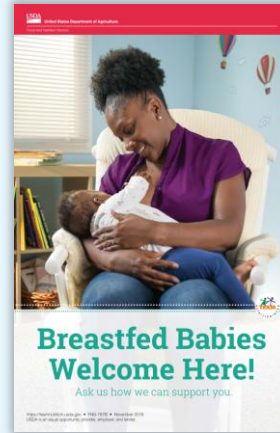
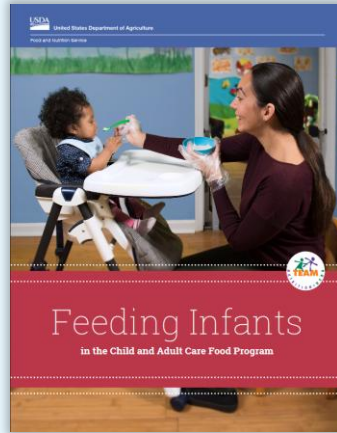


Bottle Feeding the Breastfed Baby

4. Burp the baby during natural breaks in the feeding.
5. Switch which arm you use to hold the baby throughout the feeding.
6. Stop the feeding when baby shows signs of fullness.



More Team Nutrition Resources!



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



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