

CACFP ESSENTIALS SERIES

Infant Feeding Essentials: Part 2

How to Feed Infants Breastmilk and Formula



Health and Nutrition Services
Arizona Department of Education





Disclaimer

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS). The content in this training is intended for professionals operating one or more USDA Child Nutrition Programs in Arizona under the direction of ADE. The information in this training is subject to change. Attendees are encouraged to access professional development materials directly from the training library to prevent use of outdated content.

Intended Audience

This training is intended for **organizations operating the Child and Adult Care Food Program (CACFP)**.



This training is required for all new organizations who will be applying to participate in the CACFP and are licensed to provide infant care.

Objectives

At the end of this training, attendees should be able to:

- create a breastfeeding-friendly environment;
- feed a baby using a bottle correctly;
- store and handle breastmilk properly and;
- select, store, and handle infant formula properly.

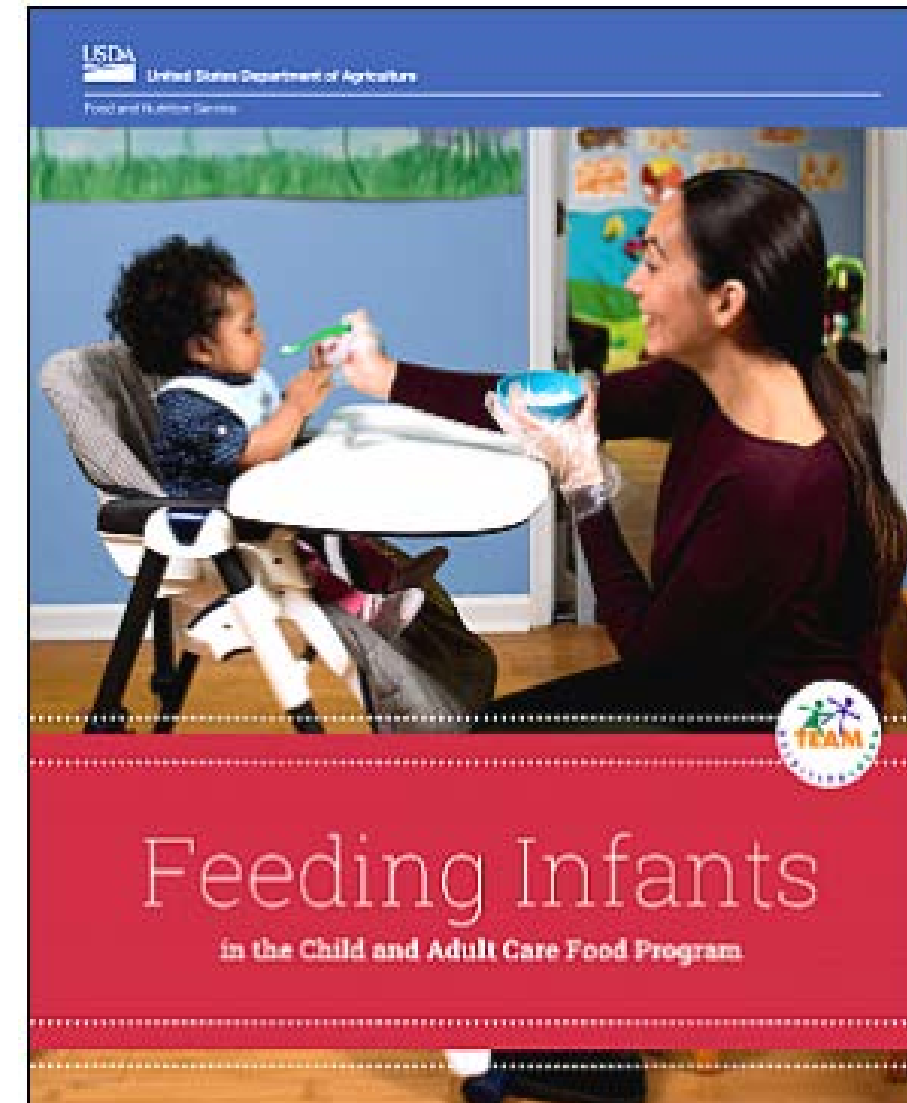
TRAINING HOURS

Information to include when documenting this training for Continuing Education and Training Credit:

Training Title: How to Feed Infants Breastmilk and Formula

Hours of Instruction: 0.75 Hours

This training counts toward Empower Program training requirements. It is listed on the Arizona Early Childhood Workforce Registry. If you want this training to appear on your Registry transcript, please provide your ID in the completion survey.



The instruction within this how-to guide is based on guidance from USDA's *Feeding Infants in the Feeding Infants in the Child and Adult Care Food Program* guide, 2021.

It is recommended to review this guide in addition to reviewing this course for complete guidance on how to offer meals that are reimbursable in the CACFP, hunger and fullness cues, developmental readiness, and more!

[Click here](#) to access the guide.

Quiz Time



Throughout this guide, there will be comprehension quiz questions to test your knowledge and help you apply what you're learning. Be sure to review these quiz questions and answers available within the guide.

The question mark icon below will indicate a comprehension quiz question.



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Creating a Breastfeeding Friendly Environment in Child Care

SECTION 1



Why Support Breastfeeding?

BENEFITS

- Breastmilk helps a baby's immune system fight infections
- Mothers may have a lower risk of Type 2 Diabetes
- Changes in breastmilk taste may help baby accept new flavors



Breastfeeding Support

CHILD CARE PROVIDERS

Even mothers who have breastfed before can face challenges feeding a new baby because every baby is different. **As a childcare provider, you can support families of breastfed infants every step of the way.**

While a mother is pregnant, you can share information about breastfeeding by giving the [Breastfed Babies Welcome Here! A Mothers Guide](#), sharing information about breastfeeding and how your center can support the mother's efforts to continue breastfeeding even when she goes back to school or work.

You can also display the Breastfed Babies Welcome Here [poster and message graphic](#) to let families know your childcare site is breastfeeding friendly. These posters are USDA resources created to help childcare centers highlight their support for breastfeeding moms.

Breastfeeding Support

CLAIMING BREASTMILK FOR REIMBURSEMENT

Breastmilk can be claimed as part of a reimbursable meal or snack when:

- Pumped breastmilk is offered
- Mother breastfeeds her baby at the childcare site

Breastmilk can credit toward the fluid milk component at any age.

It is best practice to offer moms a clean, quiet place to breastfeed when at your childcare site. A welcoming environment for breastfeeding moms can help them breastfeed longer. Offer all mothers a clean, comfortable, and quiet place to either breastfeed her baby or pump breastmilk. This could be a space in a small room, or a corner of a classroom or office with a privacy screen or curtain.

Breastfeeding Support

COMMUNICATING WITH PARENTS

To start a conversation and support breastfeeding, you can:

- Display the Breastfed Babies Welcome Here! Poster and message graphic to let families know your childcare site is breastfeeding-friendly.
- Offer parents a copy of Breastfed Babies Welcome Here! A Mother's Guide.
- Encourage mothers to continue breastfeeding even when they go back to work or school. Let mothers know that your child care site will support their breastfeeding efforts.

You can also Share information about the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) program.

Quiz Time

All of the following statements about the benefits of breastfeeding are true except which one?

- A** Breastmilk helps a baby's immune system fight infections, like ear infections
- B** Mothers that breastfeed may have a lower risk of Type 2 diabetes
- C** Families cannot help with feeding a breast-fed baby
- D** Babies taste different flavors in breastmilk, which may help babies accept new flavors later when they start eating solid foods.



Quiz Time

All of the following statements about the benefits of breastfeeding are true except which one?

- A** Breastmilk helps a baby's immune system fight infections, like ear infections
- B** Mothers that breastfeed may have a lower risk of Type 2 diabetes
- C** Families cannot help with feeding a breast-fed baby
- D** Babies taste different flavors in breastmilk, which may help babies accept new flavors later when they start eating solid foods.

The answer is C- Families actually CAN help with feeding a breastfed baby by doing simple things like feeding the baby breastmilk that the mother has pumped and put into bottles.



Quiz Time

A childcare provider can support breastfeeding mothers by doing all the following, except which one?

- A** Let a mother breastfeed in the bathroom.
- B** Share information about the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- C** Display the “Breastfed Babies Welcome Here!” Poster and message graphic at the childcare site
- D** Encourage mothers to continue breastfeeding even when they go back to work or school



Quiz Time

A childcare provider can support breastfeeding mothers by doing all the following, except which one?

- A** Let a mother breastfeed in the bathroom.
- B** Share information about the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- C** Display the “Breastfed Babies Welcome Here!” Poster and message graphic at the childcare site
- D** Encourage mothers to continue breastfeeding even when they go back to work or school

The answer is A. Mothers won't feel supported if they have to feed their baby in the bathroom. Instead, a breastfeeding friendly environment should be a clean, comfortable, and quiet place.



Feeding a Baby Using a Bottle



SECTION 2

What Should Infants Drink?

BREASTMILK AND IRON-FORTIFIED FORMULA

Most infants will be fed with a bottle while in childcare and then move to drink from a cup when ready.

- Breastmilk and/or iron-fortified infant formula are the only liquids that can be offered to an infant as part of a reimbursable meal or snack. Juice, cow's milk, goat's milk, sodas, sports drinks, sugar water, fruit drinks, tea, and coffee are not creditable as part of a reimbursable meal or snack for infants.



What Should Infants Drink?

CEREAL AND WATER

Cereal should never be put in the bottle.

According to the American Academy of Pediatrics, putting cereal in a bottle can be a choking hazard. It can also cause the infant to gain weight too quickly. Suppose cereal is mixed with breastmilk or infant formula. In that case, the childcare site cannot claim the cereal breastmilk or infant formula in the bottle unless this practice is supported by a medical document signed by the infant's healthcare provider.

Infants can get all the hydration they need from breast milk or formula. When infants begin eating solid foods, they can be offered sips of water from a cup.



How to Prevent Choking

STEPS TO PREVENT CHOKING PRIOR TO BOTTLEFEEDING

-  **Wash Hands**
Before feeding with a bottle, wash your hands well with soap and water.
-  **Test the Stream**
Hold the bottle upside down over a sink or other container. Make sure falling drops from the nipple follow each other closely but do not fall in a stream. A stream means the opening in the nipple is too big and could allow the liquid to come out too quickly. This can cause the baby to choke or drink more than he or she wants.
-  **Hold Baby Almost Upright**
Holding the baby almost upright will keep the baby secure, can help prevent the baby from choking or getting too much liquid at once, and helps you see if the baby is showing signs of hunger or fullness. Do not prop the bottle up on a pillow or other item for the baby to feed him or herself because propping a bottle can lead to tooth decay and ear infections and may also cause choking or suffocation.

How to Bottle Feed

STEPS TO FEED A BABY WITH A BOTTLE

-  **Prep Baby for Bottle**
Brush the nipple of the bottle across the baby's upper lip and wait for the baby's mouth to open before feeding.
-  **Hold Baby Almost Upright**
Hold the baby in the cradle of your arm, so that he or she is almost upright. This keeps the baby secure, helps you see if the baby is showing signs of hunger or fullness, and it can help prevent the baby from choking or getting too much liquid at once.
-  **Hold Bottle Mostly Sideways**
Hold the bottle mostly sideways, not straight up. Make sure the tip of the nipple is filled with breastmilk or infant formula and not air. This will lower the amount of air the baby swallows.
-  **Burp Baby Gently**
Burp during natural breaks in the feeding or at the end of the feeding. Burp the baby by gently patting or rubbing the baby's back while he or she is resting on your shoulder or sitting on your lap.

Storing and Handling Breastmilk at a Child Care Site

SECTION 3



Breastmilk: Look and Smell

WHAT DOES BREASTMILK LOOK AND SMELL LIKE?

- It may look and smell different each day
- Color can change based on what mother eats or baby needs
- A blue, yellow, or green color is normal
- It is thinner than infant formula, especially if the fat is separated



Breastmilk Storage Time and Temperature

MAX STORAGE TIME AND TEMPERATURE

	Countertop 77 °F or Colder (25 °C)	Refrigerator 40 °F (4 °C)	Freezer 0 °F or colder (-18 °C)
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 (baby did not finish the bottle)	Do not use after 2 hours after the baby is finished feeding.		

*In the CACFP, you may only store breastmilk in the refrigerator at a childcare site for no longer than 3 days (72 hours). This is stricter than home storage.



If State or local authorities, including childcare licensing, have stricter health and safety regulations for handling and storing breastmilk, then follow those regulations.

Handling Breastmilk

EXPRESSED MILK

Label

- Infant's first and last name
- Date pumped/thawed
- It is important to make sure you:
 - Do not accept an unlabeled bottle from a parent.
 - Do not use an unlabeled bottle.
- And keep breastmilk refrigerated until it is time to feed the baby.

Safe Handling

- Keep refrigerated until needed for a feeding
- Cool fresh breastmilk in the refrigerator before mixing with cold breastmilk



If State or local authorities, including childcare licensing, have stricter health and safety regulations for handling and storing breastmilk, then follow those regulations.

Handling Breastmilk

FROZEN MILK

Thaw only the breastmilk needed for one feeding to prevent or reduce waste.

- Thaw additional breastmilk if the infant is hungry and shows signs of wanting more.
- You can thaw the breastmilk container in the refrigerator overnight, under warm running water, or in a container of warm water.
- Write the date the milk was thawed on the bottle or container next to the date pumped.
- Do not thaw breastmilk at room temperature, mix it with warm breastmilk, or place the bottle in boiling water, or heat the bottle in a microwave. The breastmilk may become very hot when heated in a microwave, which could burn the baby even though the bottle may feel cool. Also, heating damages some of the important nutrients in breastmilk.
- Bottles can be served cold from the refrigerator and do not have to be warmed. But, if you choose to warm a bottle, hold it under warm running water or place the bottle in a bowl of warm water.



If State or local authorities, including childcare licensing, have stricter health and safety regulations for handling and storing breastmilk, then follow those regulations.

Storing Breastmilk

SAFE STORAGE

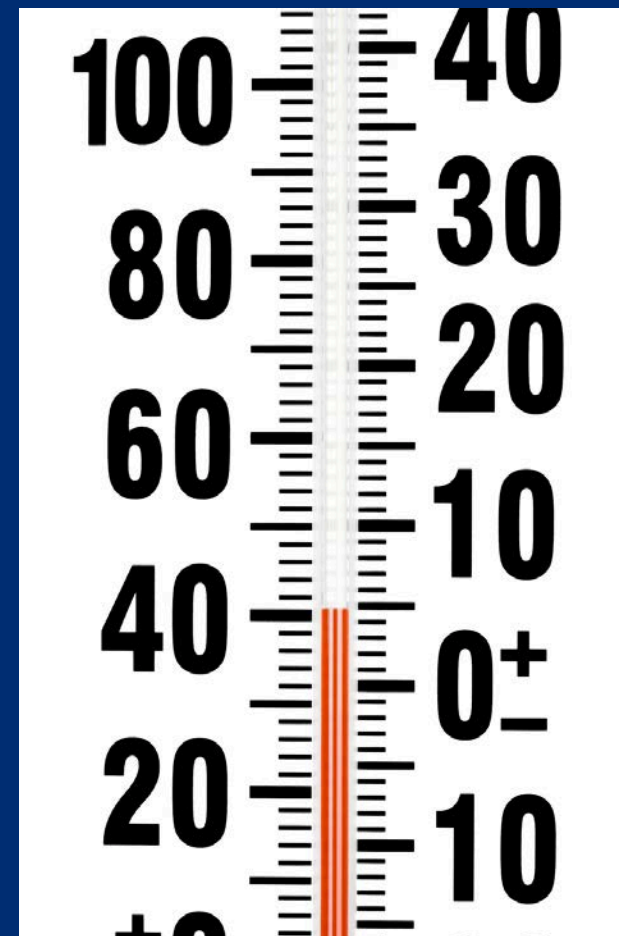
- Store breastmilk in the back of the refrigerator where the temperature is always cold. The front of the refrigerator can be warmer because the door is opened frequently.
- Refrigerate breastmilk at 40° F (or below) for up to 72 hours (3 days) from the date the breastmilk was pumped.
- If it is past the 3-day mark, ask the parents what they want you to do with the breastmilk.



If State or local authorities, including childcare licensing, have stricter health and safety regulations for handling and storing breastmilk, then follow those regulations.

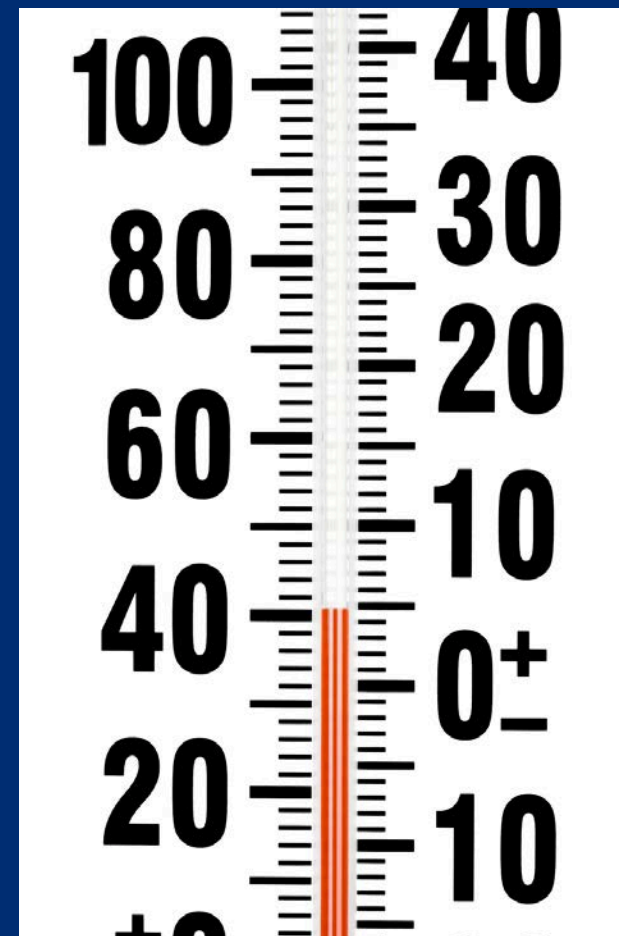
Quiz Time

The breastmilk in the picture is stored in a refrigerator at 40 °F. The bottles and some of the breastmilk bags have been in the refrigerator for 4 days. What is correct about breastmilk storage in this scenario?



Quiz Time

The breastmilk in the picture is stored in a refrigerator at 40 °F. The bottles and some of the breastmilk bags have been in the refrigerator for 4 days. What is correct about breastmilk storage in this scenario?

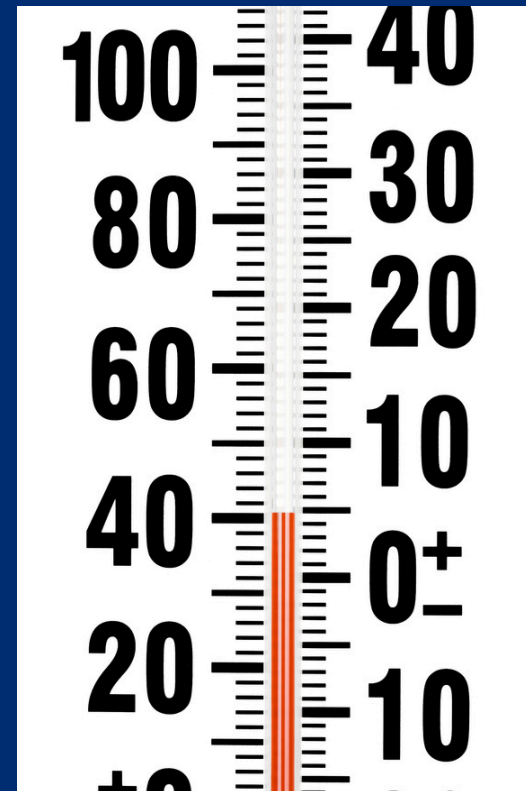
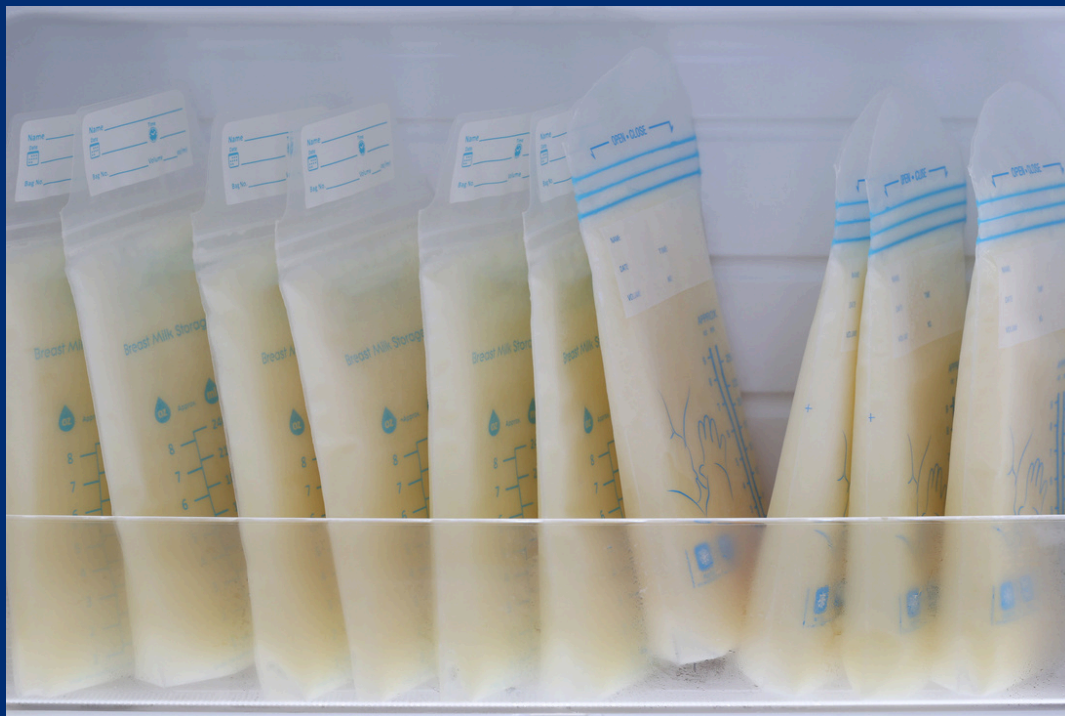


The refrigerator temperature is 40 °F. Breastmilk should be refrigerated at 40 °F (or below).



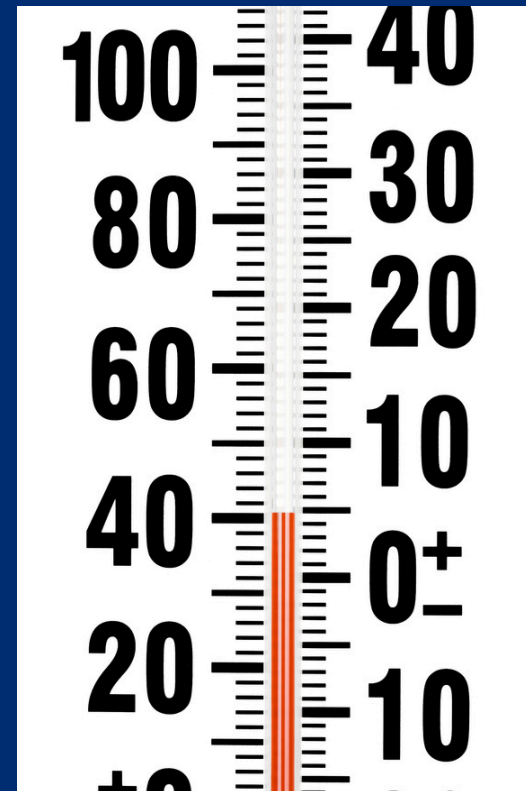
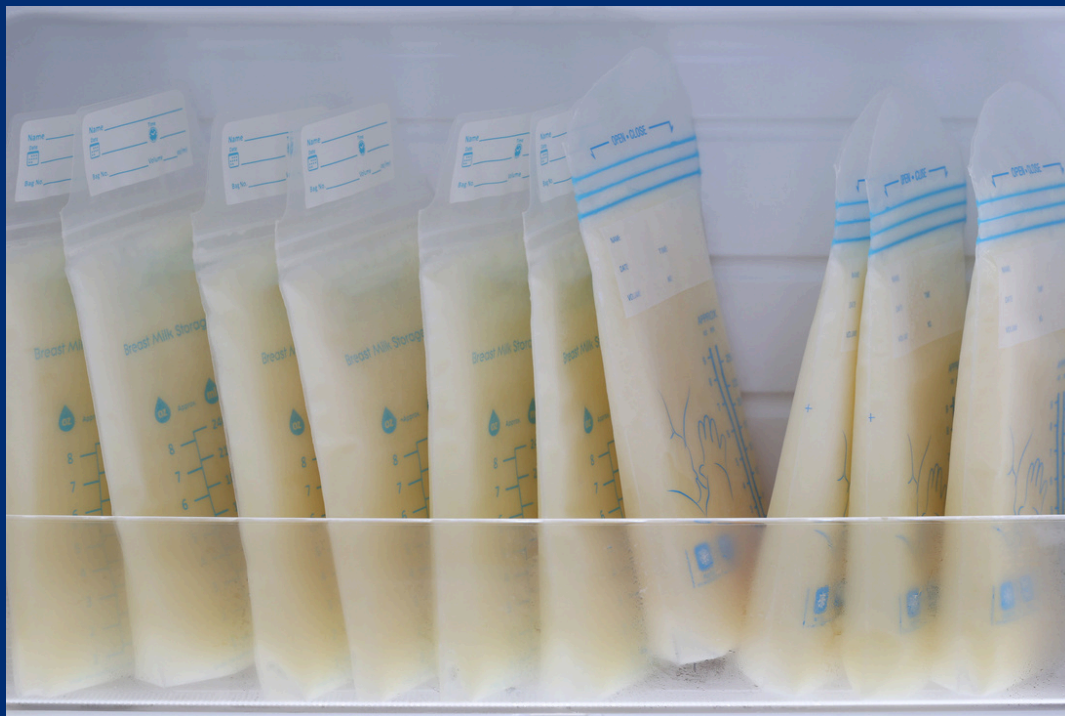
Quiz Time

The breastmilk in the picture is stored in a refrigerator at 40 °F. The bottles and some of the breastmilk bags have been in the refrigerator for 4 days. What is incorrect about breastmilk storage in this scenario?



Quiz Time

The breastmilk in the picture is stored in a refrigerator at 40 °F. The bottles and some of the breastmilk bags have been in the refrigerator for 4 days. What is incorrect about breastmilk storage in this scenario?



- Breastmilk bottle and bags are not properly labeled: Containers should be labeled with the baby's full name and the date the breastmilk was pumped.**
- Breastmilk should not be stored in the refrigerator for longer than 3 days.**
 - Refrigerate breastmilk for up to 72 hours (3 days) from the date the breastmilk was pumped.
 - If it is past the 3-day mark, you should ask parents what they want you to do with the breastmilk.
- Breastmilk should not be stored in the door compartment or at the front of the refrigerator. Breastmilk should be stored in the back of the refrigerator where the temperature is always cold.**



Minimum Serving Size: Breastmilk

PREVENTING AND REDUCING WASTE

The CACFP Meal Pattern requires a certain amount of breastmilk and/or formula to be offered/served to a baby as a reimbursable meal or snack. However, supporting breastfeeding means preventing and reducing waste. When childcare sites communicate with parents about how much breastmilk their baby consumes daily, they can help families know how much they should bring daily to the childcare site.

- If the baby usually drinks less than the minimum amount of breastmilk required for meals and snacks in the CACFP, parents can make a bottle with only the amount of breastmilk the baby usually drinks in one feeding to prevent or reduce waste.
- If the amount of breastmilk in the bottle is less than the meal or snack ounce requirement in the meal pattern - it is still reimbursable. More breastmilk is available in the fridge or freezer if the baby is still hungry.

Communicating with Parents

SERVING MINIMUM REQUIRED AMOUNTS

Start a conversation! Talk with parents:

- Refrigerate or freeze breast milk right after it's pumped
- Label the bottle with baby's full name and date pumped/thawed
- If possible, fill bottles with the minimum amount of breastmilk needed in the CACFP meal pattern for the baby's age
- Transport breastmilk at a safe temperature
- Provide amount for baby's age:
 - **0 through 5 Months**
 - 4–6 fl. oz. / Meal
 - 4–6 fl. oz. / Snack
 - **6 through 11 Months**
 - 6–8 fl. oz. / Meal
 - 2–4 fl. oz. / Snack

Quiz Time

True or False: Bottles of breastmilk can be served cold from the refrigerator and do not have to be warmed.

A True.

B False



Quiz Time

True or False: Bottles of breastmilk can be served cold from the refrigerator and do not have to be warmed.

A True.

B False

Bottles of breastmilk can be served cold from the refrigerator and do not have to be warmed.



Quiz Time

Fresh breastmilk can be refrigerated at a CACFP site at 40 degrees F (or below) for up to _____ hours.

A 24

B 36

C 48

D 72



Quiz Time

Fresh breastmilk can be refrigerated at a CACFP site at 40 degrees F (or below) for up to _____ hours.

A 24

B 36

C 48

D 72

The answer is D, 72 hours, or 3 days. As a reminder, If State childcare licensing regulations or local health codes for labeling and storing breastmilk are stricter, childcare sites should follow those regulations.



Quiz Time

You can safely thaw a container of breastmilk using each of these methods except which one?

- A** Under warm running water.
- B** In a container of warm water.
- C** In a microwave.
- D** In a refrigerator overnight



Quiz Time

You can safely thaw a container of breastmilk using each of these methods except which one?

- A** Under warm running water.
- B** In a container of warm water.
- C** In a microwave.
- D** In a refrigerator overnight

The answer is C. In a microwave. NEVER microwave breastmilk to thaw it.



Selecting, Storing, and Handling Infant Formula at a Child Care Site

SECTION 4



Selecting Infant Formula

FORMULA TYPE

All organizations participating in the CACFP must offer at least one **iron-fortified infant formula** that is regulated by the Food and Drug Administration (FDA) to babies who are not breastfed or are partially breastfed. Infant Formula commercially sold within the United States is regulated by the FDA to ensure infants are getting the nutrients they need for healthy growth. There are strict nutrition and safety standards for infant formula.

- Infant formula purchased online or outside of the United States may not be regulated by the FDA and should not be used.



Selecting Infant Formula

IRON-FORTIFIED

What does it mean to be iron-fortified?

- You can look for “Infant Formula with Iron,” or a similar statement on the front of the formula package.
- You can also use the Nutrition Facts label as a guide to make sure the formula has enough iron.
- To be considered iron-fortified, an infant formula must have **1 mg of iron or more per 100 calories** of formula when prepared using the label directions.



Communicating with Parents

SERVING MINIMUM REQUIRED AMOUNTS

Although childcare sites must offer at least one iron-fortified infant formula, the type of infant formula fed to a baby is a decision that should be made by the baby's parents and healthcare provider.

- Parents may decide to accept the iron-fortified infant formula you provide; they could decline because they are exclusively breastfeeding or want to bring their preferred infant formula, or they may be partially nursing and provide both breastmilk and their own formula or provide breastmilk and accept your formula as well.
- Keep in mind, only up to one component can be brought from home for a meal to be reimbursable in the CACFP. In all of the scenarios mentioned, childcare sites can claim the CACFP meal and snack as long as all other solid food components are provided by the center.
- If a parent sends a pre-prepared bottle, ask what type of formula it is and make sure the bottle is labeled with the baby's full name and the date the formula was prepared.

Arizona Menu Modifications Form

BREASTMILK AND IRON-FORTIFIED FORMULA

When a parent requests an alternate infant formula, the childcare site must have a menu modification form on file, completed by the childcare site staff and the parent.

Menu Modifications are multi-layered. You are following the rules to be:

- 1.In compliance with civil rights (which requires reasonable accommodations be provided for reported disabilities)
- 2.In compliance with the meal pattern (which requires a medical note for foods that don’t meet the meal pattern)



Child and Adult Care Food Program Participant Menu Modification

This facility participates in the Child and Adult Care Food Program (CACFP) and serves meals and snacks in accordance with CACFP regulation. Menu modifications are required for any participant who discloses a food allergy, intolerance, medical condition, or any major bodily function affected by a food item. All required menu modifications must reasonably accommodate a participant's need. Menu modifications are optional for any participant who has a non-medical personal preference, and an accommodation may be made at the customer service discretion of the facility.

Section 1. Documentation – To Be Completed by Parent/Guardian			
Participant's First & Last Name		Date of Birth	
List the food(s) to be omitted from the diet and the food(s) that should be provided instead:			
Food(s) to be avoided	Allowable Modification(s)	Additional instructions, requirements, or modifications such as special equipment, texture, thickness, etc.	
Explain how exposure to the food(s) affects the participant:			
Parent/Guardian Name		Date	
Parent/Guardian Signature			

Section 2. Assessment – To Be Completed by the CACFP Facility			
Discuss the modification request with the parent/guardian. Assess if an accommodation meets the meal pattern & if it is required.			
☐ Modification meets the CACFP Meal Pattern		☐ Modification does <u>not</u> meet the CACFP Meal Pattern	
Required Accommodation or Optional Accommodation		Required Accommodation or Optional Accommodation	
☐ Reported Food Allergy	☐ Non-Medical Personal Preference <i>No medical reason for the request. Accommodating this preference request is a facility's customer service decision</i>	☐ Reported Food Allergy	☐ Non-Medical Personal Preference <i>Participant Meals and Snacks may not be eligible for reimbursement if a facility chooses to accommodate this request.</i>
☐ Reported Food Intolerance		☐ Reported Food Intolerance	
☐ Reported Major Bodily Function Affected	☐ Facility will provide modification ☐ Facility will <u>not</u> provide modification	☐ Reported Major Bodily Function Affected	☐ Facility will provide modification ☐ Facility will <u>not</u> provide modification
Documentation Required: Sections 1 & 2		Documentation Required: Sections 1 & 2 <u>and</u> request Medical Authority Documentation	
Facility Representative Name		Date	

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Arizona Menu Modifications Form

The Menu Modifications Form must be completed when a special/different formula is requested.

-  **When must the center accommodate the request?**

If a specific formula is required due to a disability, a CACFP childcare site is required to accommodate the disability. This means, the center is required to offer an infant formula appropriate for the infant, at the cost of the center.

If a specific formula is a personal preference, a CACFP childcare site does not need to purchase it. An example of this is if soy formula is preferred, but not because of an allergy or intolerance. In this instance, the center can still choose to purchase it to provide excellent customer service OR the parent can be asked to bring in the preferred formula from home.
-  **What documentation is required?**

If a request meets the meal pattern, like a lactose-reduced formula or soy formula, then a parent note will do. The parent can simply complete Sections 1 and 2 of the Arizona Menu Modifications Form.

If a request is for low-iron formula, no-iron formula, or an FDA Exempt formula, a signed medical documentation is also required.

Medical Documentation

STAYING IN COMPLIANCE

Suppose a baby is fed an infant formula that does not meet the meal pattern requirements, such as below. In that case, the center must have signed medical documentation for the formula substitution to be reimbursed in the CACFP:

- FDA Exempt formulas
- Low-Iron formula
- No-Iron formula

The medical documentation must include:

- Name of infant formula to be avoided,
- Explanation of how formula affects the baby, and
- Health care provider's signature
- Recommended formulas a baby can have may be included.



Keep the medical statement on file in a secure location at your childcare site.

Preparing Infant Formula

FORMULA SAFETY

Prepare, use, and store infant formula according to the product directions on the container or as directed by the baby's healthcare provider. The instructions for preparing infant formula are different for each product. For powdered formula, measure the amount of formula using the scoop provided with the container. The water used to prepare infant formula should be routinely tested for lead and other unsafe contaminants.

Childcare sites must fill bottles with at least the minimum amount of infant formula required in the CACFP infant meal pattern for meals and snacks

- **0 through 5 Months**
 - 4–6 fl. oz. / Meal
 - 4–6 fl. oz. / Snack
- **6 through 11 Months**
 - 6–8 fl. oz. / Meal
 - 2–4 fl. oz. / Snack

Formula Storage Time and Temperature

STORING AND HANDLING INFANT FORMULA

Storing prepared infant formula	Keep bottles of prepared infant formula in the refrigerator at a temperature at or below 40 °F (4 °C) until ready to use. Never freeze infant formula. Use infant formula that has been in the refrigerator within 24 hours after it is prepared.
Handling prepared infant formula <i>before</i> a feeding	Do not take infant formula out of the refrigerator more than 2 hours before a feeding.
Handling prepared infant formula <i>after</i> a feeding	Once you start feeding a baby, make sure the infant formula is consumed within 1 hour. Throw away any leftover infant formula that is in the bottle.

Unopened Containers: Store in a cool, dry, indoor place – not the refrigerator or freezer.

Prepared Formula: Refrigerate at 40 °F (or below) for up to 24 hours.

Remove from refrigerator no more than 2 hours before feeding.

Quiz Time

Yes or No? A childcare provider has been busy watching all of the children in his care and accidentally leaves a bottle of infant formula out on the counter for 2 ½ hours. Can he put it back in the refrigerator and use it later?

A Yes

B No



Quiz Time

Yes or No? A childcare provider has been busy watching all of the children in his care and accidentally leaves a bottle of infant formula out on the counter for 2 ½ hours. Can he put it back in the refrigerator and use it later?

A Yes

B No

The childcare provider should not put the bottle of infant formula that he left out on the counter for 2 1/2 hours back into the refrigerator. Once you begin feeding a baby infant formula, it should be consumed within 1 hour. Any leftover formula should be thrown away. The baby's saliva can get into the bottle of formula during a feeding. This can cause bacteria to grow and can make the baby sick. If State or local authorities, including childcare licensing, have stricter health and safety regulations for labeling and storing bottles of infant formula, then follow those regulations.



Quiz Time

Bottles of infant formula can be refrigerated at a CACFP site at 40 degrees F (or below) for up to _____ hours.

A 24

B 36

C 48

D 72



Quiz Time

Bottles of infant formula can be refrigerated at a CACFP site at 40 degrees F (or below) for up to _____ hours.

A 24

B 36

C 48

D 72



Quiz Time

Yes or No? A mother brings in a new iron-fortified infant formula for her baby. The childcare provider has worked with babies for years and prepares the infant formula the same way she does with all other formulas. Is the child care provider preparing the infant formula correctly?

A Yes

B No



Quiz Time

Yes or No? A mother brings in a new iron-fortified infant formula for her baby. The childcare provider has worked with babies for years and prepares the infant formula the same way she does with all other formulas. Is the child care provider preparing the infant formula correctly?

A Yes

B No

The childcare provider is not preparing the infant formula the correct way. She should always follow the instructions on the package to make sure she is adding the correct amount of water to the powdered infant formula.



Infant Point of Service Meal Count Sheet

BREASTMILK AND IRON-FORTIFIED FORMULA

The Infant Point of Service Meal Count form must be used daily in the infant rooms.

To mark that you have fed breastmilk and/or formula, you can use a checkmark next to the baby’s full name.



Infant Point of Service Meal Count Sheet

Date: _____

Completed by: _____

Form Instructions:

- Write the date at the top of the page. Write the names of all infants in care (by age group).
- Breastmilk/Formula Column:** Use a ✓ when served by staff or mother nurses on site.
- Foods + Extras Column:** Write the name of the fruit/vegetable, meat/meat alternate, or bread/grain served.
- Parent-Provided Components:** If components are brought from home at parent/guardian request, indicate PP on form.

Claiming Instructions:

- Identify creditable meals to be claimed for reimbursement:
 - Maximum 2 meals/1 snack, or 2 snacks/1 meal per infant daily.
 - Only when breastmilk/iron-fortified infant formula at minimum is provided.
 - Only when infants 6 months and older with an established eating pattern have been served solids.
 - Only when 1 component or less has been brought from home/parent-provided (PP).
- Record total number of infant meals/snacks to be claimed for reimbursement on the bottom line labeled 'Claiming Totals'.
- Claiming totals are transferred to the Infant Meal Count Summary Sheet.

Acronyms: BM = Breastmilk IFC = Infant Cereal RTE = Ready to Eat Breakfast Cereal PP = Parent Provided

Names 0-5 months	Breakfast		AM Snack		Lunch		PM Snack		Supper	
	BM or Formula	Extras if early readiness Specify	BM or Formula	Extras if early readiness Specify	BM or Formula	Extras if early readiness Specify	BM or Formula	Extras if early readiness Specify	BM or Formula	Extras if early readiness Specify

Names 6-11 months	Breakfast			AM Snack			Lunch			PM Snack			Supper		
	BM or Formula	IFC or Meat/Meat Alt Specify	Fruit and/or Veg Specify	BM or Formula	Grain Specify	Fruit and/or veg Specify	BM or Formula	IFC or Meat/Meat Alt Specify	Fruit and/or veg Specify	BM or Formula	Grain Specify	Fruit and/or veg Specify	BM or Formula	IFC or Meat/Meat Alt Specify	Fruit and/or veg Specify
Example: Suzy	✓	PP: IFC	Pear	✓	Bread	Peas	✓	Beef/Cheese	Squash	✓	RTE	Banana	✓	Yogurt	Melon

Claiming Totals:
Not to exceed 2 meals + 1 snack or 2 snacks + 1 meal per infant daily.

Breakfast: _____ AM Snack: _____ Lunch: _____ PM Snack: _____ Supper: _____

August 2023 | Health and Nutrition Services | Arizona Department of Education | This institution is an equal opportunity provider.

Infant Point of Service Meal Count Sheet

CONTACT US

If you have a question or require additional assistance, please contact your assigned specialist or contact HNS.



602-542-8700



[HelpDesk](#)



www.azed.gov/hns





Congratulations

You have completed the training: How to Feed Infants Breastmilk and Formula

ADHS Empower Program

This training counts toward Empower Program training requirements.

Arizona Early Childhood Workforce Registry

This training is listed on the Arizona Early Childhood Workforce Registry. If you want this training to appear on your registry transcript, please provide your Workforce Registry ID when completing the survey.

Certificate

Requesting a training certificate

Please click the button to complete a brief survey about this online training. Once the survey is complete, you will be able to print your certificate of completion from Survey Monkey.



Training Title:

Online Course: How to Feed Infants Breastmilk and Formula

Length: 0.75 Hour

Please note, attendees must document the amount of training hours indicated on the training despite the amount of time it takes to complete it.





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1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.

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