



Reimbursable Foods for Infants

Iowa Child and Adult Care Food Program

Revised November 2017

This guidance provides information about what foods may and may not be credited for CACFP reimbursement. It is the child care provider's responsibility to evaluate infant foods to determine if they are reimbursable and appropriate for an infant's developmental readiness. This document represents a partial listing.

Reimbursable foods count toward fulfilling component requirements for reimbursable infant meals.

Non-reimbursable "other" foods do not fulfill the infant food requirements listed on the CACFP Infant Meal Pattern. When these foods are used to fulfill component requirements, the meal must not be claimed for reimbursement.

Solid foods are generally introduced around six months of age. Care providers should not be the first to introduce new foods. Communication with parents is essential as infants become developmentally ready for solid foods. Use the "Infant Foods Tried at Home" form to determine what foods have been introduced by parents at home.

Reimbursable Meals with Breastmilk

CACFP supports breastfeeding mothers by encouraging them to supply breastmilk when their infants are in child care. Care providers can be reimbursed for meals when breastmilk is served. It is recommended for care providers to designate a quiet, private, comfortable, and sanitary area for mothers to breastfeed in the child care setting.

Infant meals including **only** breastmilk are reimbursable when:

- A mother comes to the child development home or center to breastfeed her infant.
- An eligible home provider breastfeeds her infant when other non-residential infants/children are present and served the same meal type.
- A center employee breastfeeds her infant at the center.
- A mother provides expressed breastmilk for her infant, and a care provider feeds it.

After solid foods have been introduced, the care provider must supply the solid food when breastmilk is served. Care providers cannot require parents to supply formula or solid foods for the infant.

Breastmilk can be served in place of fluid cow's milk to children 12 months and older (no upper age limit).

Selecting an Iron-Fortified Formula

Care providers are required to offer one iron-fortified formula and must identify it on the enrollment form. Parents can decide whether to accept this formula or supply their own.

Considerations when Selecting a Formula to Offer

- The type and amount of formula(s) infants currently in care use.
- Cost
- Storage

Three types of formula are currently available on the market: powdered, liquid concentrate, and ready to feed (RTF). Powdered formula is usually preferred because it is easy to store, has a long shelf life, and costs less.

All infant formulas must meet strict Food and Drug Administration (FDA) requirements, so cost does not necessarily equate to quality. Complete a cost comparison of formula(s) from several stores. Generally a large container of powdered store brand formula is most economical. To determine the cost for one-ounce (oz) (Column F), divide container cost (Column D) by number of ounces the container makes (Yield – Column E). Multiply cost per ounce (Column F) by number of ounces served (Column G) for cost per serving.

Column A	Column B	Column C	Column D	Column E	Column F	Column G		
Formula Name (Examples)	Store Date	Container Size	Container Cost	Yield	Cost per Ounce (oz)	Cost of 4 oz feeding	Cost of 6 oz feeding	Cost of 8 oz feeding
Similac Advance Opti-gro	HyVee 3/3/2017	352 gm	\$16.99	80.82	\$.21	\$.84	\$1.26	\$1.68
Tippy Toes	HyVee 3/2/2017	352 gm	\$10.99	80.82	\$.136	\$.544	\$.816	\$1.08
Similac Advance Opti-gro	HyVee 3/2/2017	658 gm	\$24.48	151.26	\$.188	\$.753	\$1.128	\$1.504

Reimbursable Meals with Iron-Fortified Formula

The United States Department of Agriculture (USDA) does not maintain a list of iron-fortified infant formulas since new products are continually being developed.

Infant Formula means: “any iron-fortified infant formula, intended for dietary use as a sole source of foods for normal, healthy infants served in liquid state at manufacturer’s recommended dilution.”

Use the following criteria to determine if a formula is reimbursable:

- Ensure the formula is not a Food and Drug Administration (FDA) Exempt Infant Formula (see following page).
- Look for “Infant Formula with Iron” or a similar statement on the front of the formula package. All iron-fortified infant formulas must have this type of statement on the package.
- Use the Nutrition Facts Label to ensure the formula is iron-fortified, it must have 1 milligram (mg) of iron or more per 100 calories of formula when prepared in accordance with label directions.
- Make sure the formula is manufactured in the U.S. If a formula is purchased outside of the U.S., the formula is probably not regulated by FDA and therefore not creditable in the CACFP.

Infant meals including **only** iron-fortified formula are reimbursable when:

- The formula is labeled as iron-fortified.
- The infant’s family supplies the formula and it is fed by the care provider.
- The care provider supplies the formula.
- Eligible home providers feed formula to their infants when other non-residential infants/children are present and served the same meal type.

A one month transition period is allowed to transition from formula to whole cow’s milk after the infant’s first birthday. A diet Modification Request Form is needed to serve iron-fortified formula after 13 months of age.

When solid foods have been introduced, meals are reimbursable when:

- The parent supplies the formula and the care provider supplies solid foods.
- The care provider supplies the formula for the infant, and a parent supplies no more than one solid food.
- The care provider supplies all solid foods and formula.
- Eligible home providers supply all solid foods for their infants when other non-residential infants/children are present and served the same meal type.

The care provider cannot require parents to supply formula or solid foods.

Non-reimbursable Milk based Foods

Buttermilk	Ice Cream
Cow’s Milk	Imitation Milk including those made from rice or nuts (such as almonds or nondairy creamer)
Cream	Raw milk*
Cream soups	Reconstituted Dry Milk
Custard	Pudding
Evaporated Cow’s Milk or home prepared Evaporated Cow’s Milk Formula	Soy Milk, usually called soy beverage
Formula, Low Iron (reimbursable only if there is a Diet Modification Request Form)	Sweetened Condensed Milk
Goat’s Milk	*Prohibited (poses a danger to the infant)
Half and Half	

Exempt Infant Formulas

Exempt infant formulas are labeled for use by infants who have inborn errors of metabolism, low birth weight, or who otherwise have unusual medical or dietary problems as defined in 21 CFR 107.3.

A Diet Modification Request Form, signed by a prescribing medical authority must be on file for FDA approved Exempt Infant Formulas to be served in a reimbursable meal.

Below is a partial list of exempt infant formulas. The list does not represent FDA or Iowa CACFP endorsement of these companies or their products. Refer to the [FDA website](http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/infantformula/ucm106456.htm) for the complete list of Exempt Infant Formulas.

FDA website:

<http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/infantformula/ucm106456.htm>

Non-reimbursable Exempt Infant Formulas (partial list) Diet Modification Request Form must be on file.

Abbott Nutrition

Metabolic Formulas

- Cyclinex-1
- Glutarex-1
- Hominex-1
- Ketonex-1

Formulas for Premature Infants

- Similac Special Care 20 Cal or 24 Cal w/Iron
- Similac Special Care 24 Cal High Protein
- Similac Special Care 30 Cal w/Iron
- Similac NeoSure

Protein Hydrolysate Formulas

- Similar Alimentum

Amino Acid-Based Formula

- EleCare

Miscellaneous

- Calcilo XD
- Liquid Protein Fortifier
- Pro-Phree
- ProViMin
- RCF No Added Carbohydrate Soy Infant Formula Base
- Similac For Diarrhea
- Similac Extensively Hydrolyzed Protein Human Milk Fortifier Concentrated Liquid
- Similac Human Milk Fortifier
- Similac Human Milk Fortifier Concentrated Liquid
- Similac PM 60/40

PBM Nutritionals

Formulas for Premature Infants

- 22 calories/oz milk-based infant formula with DHA and ARA for Conditions such as Prematurity (sold under private labels)

Mead Johnson Nutritionals, Bristol-Myers Squibb

Metabolic Formulas

- Phenyl Free 1
- BCAD 1
- GA
- OA 1

Formulas for Premature Infants

- Enfamil Premature Low Iron 20 Calorie or 24 Calorie
- Enfamil Premature w/Iron 20 Calorie or 24 Calorie
- Enfamil EnfaCare
- Enfamil Premature High Protein 24 Calorie
- Enfamil Premature 30 Calorie

Protein Hydrolysate Formulas

- Nutramigen
- Pregestimil 20 Calorie or 24 Calorie
- Nutramigen with Enflora LGG

Amino Acid-Based Formula

- PurAmino

Miscellaneous

- Product 3232A
- Enfamil Human Milk Fortifier Acidified Liquid
- Enfamil Human Milk Fortifier Powder
- Enfaport

Nestle Infant Nutrition

Formulas for Premature Infants

- Gerber Good Start Nourish
- Gerber Good Start Premature 20, 24 and 30
- Gerber Good Start Premature 24 High Protein

Prolactin Biosciences, Inc.

Miscellaneous

- Prolact CR Human Milk Caloric Fortifier

Iron-Fortified Infant Cereal

Reimbursable Foods	Non-reimbursable Foods
<p>Infant cereal includes only iron-fortified dry cereal (IFC).</p> <p>IFC "mixed cereal" is reimbursable if the infant has been previously introduced to the individual grains in the ingredient list.</p> <p>If a 6 - 11 month old infant rejects IFC, try serving the cereal when the baby is hungry, or mixing it with fruit, or serving a meat/meat alternate instead. If the baby still rejects the IFC, two recipes using IFC as an ingredient may be used (IFC Muffins and IFC Pancakes). The baby should have been introduced to all of the recipe ingredients first. At least the minimum portion size listed in the recipe must be served for the baby to receive the required amount of iron-fortified infant cereal.</p> <p>The infant must be developmentally ready for muffins or pancakes. The foods must be cut into small pieces. Record IFC muffins or IFC pancakes on the infant's menu when served. See the attached <i>Iron-Fortified Infant Cereal Recipes</i>.</p>	<p>Iron-fortified infant cereals with fruit (dry)</p> <p>Iron-fortified infant cereals in a jar, with or without fruit (wet)</p>

Vegetables and Fruits

Reimbursable Foods	Non-reimbursable Foods
<p>Vegetables and fruits can be a commercial product or home prepared baby food.</p> <p>The vegetable or fruit must be first on the ingredient listing for a commercial product.</p> <p>If the product has multiple vegetables or fruits, check with the parent to see if the infant has been introduced to all of the foods listed on the ingredient label.</p> <p>Vegetables and fruits must be of appropriate consistency and texture for the developmental readiness of individual infants.</p> <p>Single ingredient vegetables or fruits containing DHA.</p>	<p>Baby desserts such as pudding, cobbler, custard (even if fruit is the first ingredient on the label)</p> <p>Baby food fruits or vegetables with water as the first ingredient</p> <p>Canned soups (broths, creamed, vegetable, meat and vegetable)</p> <p>Dinners in a jar (even if fruit or vegetable is the first ingredient)</p> <p>Dry iron-fortified infant cereals with fruit (even if fruit is the first ingredient)</p> <p>Fruit drinks, flavored powders and syrup</p> <p>Fruit juice, cocktails, drinks, lemonade, soda pop, and Koolaid</p> <p>Fruit snacks</p> <p>Fruit or vegetable wheels or puffs</p> <p>Home canned fruits or vegetables *</p> <p>Jarred Iron-fortified infant cereals (even if fruit is the first ingredient)</p> <p>Sticky, sweet foods such as raisins and other dried fruits</p> <p>Vegetable juice or juice blends</p> <p>* Prohibited (poses a danger to the infant)</p>

Breads, Crackers, and Ready-to-Eat Cereals

Reimbursable for Snacks only

Reimbursable Foods	Non-reimbursable Foods
<p>Bread and cracker type products must be made from whole-grain or enriched meal or flour.</p> <ul style="list-style-type: none"> • Read the ingredient list carefully to determine if the product contains starch, sugar, fat contributing little nutritional value. • Bread and cracker products must be suitable for use by the infant as finger food. • Select bread and cracker products of appropriate texture for the infant's eating abilities. • Communicate with parents to determine if the infant has been introduced to all of the product's ingredients. <p>Bread products (white, wheat, whole wheat – <u>without</u> nuts, seeds, or hard pieces of whole grain kernels)</p> <ul style="list-style-type: none"> • Breads (French, Italian, and similar breads) • Biscuits • Bagels • English muffins • Pita bread • Rolls • Soft tortillas <p>Cracker products (white, wheat, whole wheat –<u>without</u> nuts, seeds, or hard pieces of whole grain kernels)</p> <p>Ounce equivalents will be used to determine the quantity of creditable grains effective October 1, 2019.</p> <p>Ready-to-eat child and adult cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).</p> <ul style="list-style-type: none"> • Refer to cereal Nutrition Facts Label, or use the Cereal Worksheet to determine if the cereal meets the sugar criteria. • Cereal products must be suitable as finger food. • Select cereal products of appropriate texture for the infant's eating abilities. • Communicate with parents to determine if the infant has been introduced to all of the product's ingredients. <p>CACFP whole grain-rich requirement does not apply to infant meals.</p>	<p>Baby cobblers Bread made with honey* Bread made with seeds, nut pieces or whole grain kernels Brownies Cakes, commercial or homemade Cooked rice, barley, bulger, wheat and other cooked grains Corn grits Crackers made with honey* Crackers made with seeds, nut pieces or whole grain kernels Croutons Doughnuts Farina, (even if enriched) Fruit or vegetable wheels or puffs Grain bars Grain based desserts Granola bars Grits Iron-fortified infant cereals with fruit (dry) or formula Iron-fortified infant cereals with fruit in a jar (wet) Oatmeal, regular, minute, old-fashioned Pasta – noodles, macaroni, spaghetti, and other shapes Popcorn * Pretzels * Rolls made with seeds, nut pieces or whole grain kernels Sweet pastries and rolls, commercial and homemade Tapioca</p> <p style="text-align: center;">* Prohibited (poses a danger to the infant)</p>

Meat/Meat Alternates	
Reimbursable for Lunches and Suppers only	
Reimbursable Foods	Non-reimbursable Foods
<p>Cheese, natural only (i.e.: Colby, Swiss, Cheddar, Monterey Jack, Co-Jack, etc.)</p> <p>Cooked dry beans or split dry peas</p> <p>Commercial plain strained or pureed baby food meats with meat or poultry as the first ingredient</p> <p>Cottage Cheese</p> <p>Eggs, whole cooked</p> <p>Gerber 2nd Foods™ Meats</p> <ul style="list-style-type: none"> • Beef and Beef Gravy • Chicken and Chicken Gravy • Ham and Ham Gravy • Lamb and Lamb Gravy • Turkey and Turkey Gravy • Veal and Veal Gravy <p>Meat/meat alternates must be of appropriate consistency and texture for the individual infant to avoid choking.</p> <p>Meat, fish, shellfish and poultry</p> <p>Yogurt, Greek or regular (total sugar limit of 23 grams per 6 ounces)</p> <ul style="list-style-type: none"> • Refer to Nutrition Facts Label, or use the Yogurt Worksheet to determine if the yogurt meets the sugar criteria. • Yogurt can be any fat level. <p>All meat, eggs, poultry, and fish must be well-cooked.</p> <p>Poultry and fish should be without skin and bones.</p>	<p>Commercially-prepared combination dinners (jarred, shelf-stable, dehydrated)</p> <p>Cured meats (bacon, hot dogs, lunch meats, salami)</p> <p>Fish (canned with bones*, self-caught fish*, shark*, swordfish*, king mackerel*, tilefish*, bigeye tuna*, orange roughy*, marlin*, fish sticks and other commercially breaded or battered fish or seafood products)</p> <p>Fried meats</p> <p>Home canned meats *</p> <p>Meat Sticks (in a jar)</p> <p>Nuts and seeds*</p> <p>Nut and seed butters (peanut butter, tahini, sunflower seed butter)</p> <p>Poultry (commercially breaded, pre-fried chicken nuggets or patties)</p> <p>Processed cheese (American, cheese food, spread, powder, product, canned or jarred)</p> <p>Sausage</p> <p>Tofu</p> <p>Yogurt (homemade, soy)</p> <p>* Prohibited (poses a danger to the infant)</p>

Other Foods	
These foods are not appropriate for infants.	
Additional Non-reimbursable Foods	
<p>Broth</p> <p>Caffeinated drinks (coffee, tea, energy drinks)</p> <p>Candy, any kind</p> <p>Chips, any kind</p> <p>Chocolate</p> <p>Cocoa</p> <p>* Prohibited (poses a danger to the infant)</p>	<p>Honey *</p> <p>Sports drinks</p> <p>Sugar, syrups and sweeteners added to foods</p>
<p>Carefully read ingredient lists and nutrition labels to avoid infant foods including added salt, sugar, and extra ingredients with calories but little nutritive value.</p>	