

Guidelines to Remember

Meals Containing Breast Milk:

- Breast milk is recommended in place of formula from birth through 11 months.
- For breastfed infants who regularly consume less than the minimum amount per feeding, a serving of less than the minimum may be offered with additional breast milk offered if the infant is still hungry.
- Meals containing **only** breast milk (expressed by mother and fed by child care provider) for infants birth through 7 months are reimbursable.
- Meals containing **only** a combination of breast milk and iron-fortified formula for infants birth through 7 months are reimbursable.
- Meals served to breastfed infants who are developmentally ready for solids (4 through 7 months) must include at least one food item furnished by the child care provider to count as a reimbursable meal.
- Meals served to breastfed infants 8 through 11 months must include at least one food item furnished by the child care provider to be reimbursable.

Meals Containing Infant Formula:

- Infant formula must be iron-fortified. Cow's milk must not be used for infants less than one year of age. (Refer to the DOH Approved Formula List)
- Meals containing **only** formula supplied by either the child care provider or the parent are reimbursable.
- Meals served to infants who are developmentally ready for solids (4 through 7 months) must include at least one food item furnished by the child care provider to count as a reimbursable meal.
- Meals served to infants 8 through 11 months must include at least one food item furnished by the child care provider to count as a reimbursable meal.

Fruit Juice:

- Is creditable only at snack for babies 8 months and older (and can be served instead of breast milk or formula at snack).
- At breakfast, lunch, and supper – cannot count as the vegetable or fruit component.
- Must be full-strength (100%), pasteurized, regular, or infant fruit juice.
- Must be naturally high in or fortified with Vitamin C.
- Must be offered from a cup – not a bottle.
- Citrus (orange, tangerine, grapefruit) and pineapple juices served to babies before 6 months of age can cause an allergic reaction.

Solid Foods:

- Are required for infants 4 months of age or older who are developmentally ready to accept them.
- Must not be given to babies younger than 4 months of age unless required and documented by a doctor.
- Must be of an appropriate texture and consistency and should only be introduced after consulting with the infant's parent or guardian.
- Can be either home-prepared baby foods or commercially prepared baby foods.
- Infant cereal must be iron-fortified, plain, dry.
- Do not serve honey or food that may contain honey to infants less than one year of age. Honey may contain botulinum spores, which can be harmful to infants.

