Iowa Child and Adult Care Food Program
Reimbursable Foods for Infants
May 2015

This guidance is to provide additional information about what foods may or may not be counted as reimbursable when feeding infants and claiming infant meals for CACFP reimbursement.

Reimbursable foods are foods that count toward fulfilling the requirements for a reimbursable infant meal. Child care providers are required to provide the minimum serving size as identified on the CACFP Infant Meal Pattern. Infants are not required to consume the serving size offered to them.

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

It is the child care provider's responsibility to carefully read food labels before purchasing foods to be served to infants in order to determine if the food will be reimbursable according to the CACFP infant meal pattern guidelines.

Conversations with the parents/guardians are important to determine what foods have been introduced to the infant (see "Foods tried at home") and the infant's food needs. Any additional foods to be served to infants must be carefully examined for their appropriateness of consistency for the infant's developmental abilities as well as for nutrient content to provide the necessary nutrients and calories for infant growth.

Breast Milk

Reimbursable Meals with Breast Milk Descriptions:

Meals including only breast milk (expressed milk) may be reimbursed if fed by the child care provider.

If the mother comes to the child development home to nurse the infant, the meal is reimbursable only when the care provider serves another reimbursable food according to the CACFP Infant Meal Pattern guidelines.

Breast milk is allowed to be served in place of fluid cow's milk to children 12 months and older (specifically 1 to 2 years of age). (FNS Instruction 783-7, October 4, 1994)

Eligible home providers who are breastfeeding their infants may claim the meal if other non-residential infants/children are served the same meal.

If the mother comes to the child development home to nurse the infant, the meal would not be reimbursable if this is the only food served for the meal (infants 0-3 months, infants 4-7 months, PM snack for infants 8-11 months). For infants 4-7 months when infants are developmentally ready for the optional food(s), and for infants 8-11 month olds, the provider can claim the meal only if the provider provides the solids listed in the meal pattern.

Iron-Fortified Formulas

Reimbursable Meals with Iron-Fortified Formula Descriptions:

USDA will no longer update and maintain the list *of Iron-Fortified Infant Formulas That Do Not Require a Medical Statement* because new and re-formulated infant formula products are continually being developed making the list not inclusive of all formulas that are reimbursable.

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 whether or not a formula is reimbursable in CACFP without needing a medical statement:

1. Ensure the formula is not an FDA (Food and Drug Administration) Exempt Infant Formula. To check whether or not an infant formula is an FDA Exempt Infant Formula, go to the FDA website identified in the bold box on the next page.
2. Look for the statement "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.
3. Use the nutrition facts label as a guide to ensure that the formula is iron-fortified. To be considered iron-fortified an infant formula must have 1 milligram (mg) or more of iron or more per 100 calories of formula when prepared in accordance with label directions for infant consumption.
4. Make sure the formula is manufactured in the U. S. If a formula is purchased outside of the U.S., it is likely that the formula is not regulated by the FDA and therefore may not be creditable for CACFP meal requirements.

Although **a medical statement is not required for iron-fortified infant formulas**, child care providers should only provide an infant with the formula recommended to the infant's parent/guardian by the infant's health care provider.

Meals including only a reimbursable formula provided by the parent/guardian are reimbursable **if** the formula is the only required food **and** is fed by the care provider.

Non-reimbursable milk based foods include but are not limited to:

Buttermilk
Cow's Milk: 1%, 2%, Skim, Whole, Raw
Custard
Cream soups
Evaporated Cow's Milk or home prepared Evaporated Cow's Milk Formula
Formula, Low Iron (reimbursable **only if** there is a medical exception)
Goat's Milk
Ice Cream
Imitation Milk including those made from rice or nuts (such as almonds or nondairy creamer)
Reconstituted Dry Milk
Pudding
Soy Milk, usually called soy beverage
Sweetened Condensed Milk
Yogurt

Exempt Infant Formulas

"An exempt infant formula is an infant formula intended for commercial or charitable distribution that is represented and labeled for use by infants who have inborn errors of metabolism or low birth weight, or who otherwise have unusual medical or dietary problems (21 CFR 107.3). Prior to any company or person manufacturing and marketing a new exempt infant formula or any infant formula, certain practices, procedures and processes must be followed (Section 412 of the Federal Food, Drug, and Cosmetic Act). For exempt infant formulas, there are specific terms and conditions that must also be met (21 CFR 107.50)."

Formulas classified as Exempt Infant Formulas by FDA **require** a medical statement in order to be served to infants under the CACFP as part of a reimbursable meal. A medical statement must be signed by a licensed physician if an infant is considered disabled according to USDA's regulation, or a recognized medical authority specified by the State Agency if an infant has medical or other special dietary needs.

This is a partial listing of products classified as exempt infant formulas that FDA believes are currently available (to date – 3/2013) on the U.S. retail market. The list does not represent FDA or Iowa CACFP endorsement of these companies or their products. Refer to the following website for the complete list of Exempt Infant Formulas:

FDA website:
http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/infantformula/ucm106456.htm

Non-reimbursable (unless medical exemption on file) exempt infant formulas include but are not limited to:

Abbott Nutrition -Formulas for Premature Infants
- Similac Special Care 20 Cal or 24 Cal w/Low Iron
- Similac Special Care 24 Cal High Protein
- Similac Special Care 30 Cal w/Iron
- Similac Expert Care NeoSure

Abbott Nutrition - Protein Hydrolysate Formulas
- Similac Expert Care Alimentum

Abbott Nutrition - Amino Acid-Based Formula
- EleCare with DHA and ARA

Abbott Nutrition - Miscellaneous
- Calcilo XD
- Similac Expert Care For Diarrhea
- Pro-Phree
- ProViMin
- RCF No Added Carbohydrate Soy Formula Base
- Similac Human Milk Fortifier
- Similac PM 60/40

Mead Johnson Nutritionals: Formulas for Premature Infants
- Enfamil Premature Low Iron 20 Calorie or 24 Calorie
- Enfamil Premature w/Iron 20 Calorie or 24 Calorie
- Enfamil EnfaCare

Mead Johnson Nutritionals: Protein Hydrolysate Formulas
- Nutramigen
- Pregestimil 20 Calorie or 24 Calorie
- Nutramigen Enflora with LGG

Mead Johnson Nutritionals: Amino Acid-Based Formula
- Pur Amino

Mead Johnson Nutritionals: Miscellaneous
- Product 3232A
- Enfamil Human Milk Fortifier Powder

Nestle Infant Nutrition: Formula for Premature Infants
- Gerber Good Start Nourish
- Gerber Good Start Premature 20, 24 and 30
- Gerber Good Start Premature 24 High Protein

Fruits and Vegetables

Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
Fruits and vegetables can be a commercial product or home-prepared baby food. The fruit or vegetable must be the first ingredient in the ingredient listing for a commercial product unless the product is a cereal, dessert, or pudding. If the product has multiple fruits or vegetables, the fruit or vegetable must be listed as the first ingredient in the ingredient listing. Check with the parent/guardian to see if the infant has been introduced to all of the foods listed on the product label. Fruits and vegetables must be of appropriate consistency and texture for the individual infant. Home prepared collard greens, carrots, spinach, turnips, and beets should only be served to infants 6 months and older. Single ingredient fruits containing DHA Single ingredient vegetables containing DHA	Ades, i.e.: lemonade Baby Fruit cobblers Canned vegetable soups Citrus fruits (oranges, tangerines, grapefruits) for infants under 6 months Cream soups Creamed vegetables Desserts in a jar (even if fruit is the first ingredient on the label) Dinners in a jar that list fruit or vegetable as the first ingredient Dry iron-fortified infant cereals with fruit as the first ingredient Dry iron-fortified infant cereals with fruit Fruit drinks Fruit in a jar with water as the first ingredient Fruit flavored powders and syrup Fruit juice with yogurt Fruit or vegetable wheels or puffs Home canned fruits or vegetables Jarred Iron-fortified infant cereals that list fruit as the first ingredient ("Wet" cereal) Juice (infants 0-7 months) Juice cocktails Juice drinks Kool-aid Mixed fruit yogurt dessert Pineapple for infants under 6 months Pudding with fruit on the label Soda pop Sticky, sweet foods such as raisins and other dried fruits Tomatoes for infants under 6 months Vegetable juice Vegetable juice blends Vegetable in a jar with water as the first ingredient Vegetable soup

Juices
Snacks for 8 months through 11 months only (until 1st birthday)

Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
Only full-strength, 100% juices (regular or infant) are allowed for infants 8 months and older at snack time (not at lunch or supper). Juices should be naturally high in or fortified with vitamin C. Juices must be pasteurized. Juices must be served from a cup and not a bottle.	Ades, i.e.: lemonade Citrus juice for infants under 6 months Fruit drinks Fruit juice with yogurt Fruit flavored powders and syrup Home canned fruit or vegetable juices Juice cocktails Juice drinks Kool-Aid Soda pop Vegetable juice Vegetable juice blends

Iron-Fortified Infant Cereals

Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
Infant cereal includes only iron-fortified dry cereal (IFC) designated on the product label as "Cereal for Baby". Look for "Excellent Source of Iron for Infants" or "Excellent Source of Iron and Zinc for Infants" on the infant cereal label. The suggested order of introduction of grains to infants is: rice, oat, and then barley. Wait until the infant is 8 months old before introducing wheat. Infant iron-fortified dry mixed cereal is reimbursable if the infant has been previously introduced to the individual grains that make up the mixed cereal. If 8-11 month old infants reject the iron-fortified cereal at breakfast and lunch/supper, first try serving the cereal when the baby is hungry or try mixing the cereal with fruit. At lunch or suppertime, serve the meat/meat alternate. If the baby still rejects the iron-fortified infant cereal, two recipes using the iron-fortified cereal as one of the ingredients may be used (IFC Muffins and IFC Pancakes). There must be written documentation from the parent/guardian indicating that the baby has been served all of the recipe ingredients to check for allergies. The serving size on the recipe must be served in order for the baby to receive the required amount of iron-fortified cereal. The infant must be developmentally ready for muffins or pancakes and these must be cut into small pieces. Clear notes must be written on the infant's menu to show these foods have been served if the parent/guardian allows them. See the attached *Iron-Fortified Infant Cereal Recipes*.	Iron-fortified infant cereals with fruit (dry) Iron-fortified infant cereals in a jar, with or without fruit (wet)

Breads and Crackers

Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
Bread and cracker type products must be made from whole-grain or enriched meal or flour. • Read each product ingredient list carefully to determine if there are potential ingredients that may cause allergies or provide additional calories with little nutritional value (starch, sugar, fat). • Bread and cracker products must be suitable for use by the infant as finger food. • Select bread and cracker products that are of appropriate texture for the infant's eating abilities. **Bread Products (white, wheat, whole wheat – all without nuts, seeds, or hard pieces of whole grain kernels)** • Breads (French, Italian, and similar breads) • Biscuits • Bagels • English muffins • Pita bread • Rolls • Soft tortillas **Cracker Products (white, wheat, whole wheat – all without nuts, seeds, or hard pieces of whole grain kernels)** • Crackers (saltines, low salt crackers or snack crackers) • Graham crackers made without honey • Teething biscuits	Baby cobblers Bread made with honey Bread made with seeds, nut pieces or whole grain kernels Brownies Cakes, commercial or home made Cooked rice, barley, and wheat (whole kernels should be mashed or ground before feeding, if served as an extra) Cookies, commercial or home made 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 Granola bars Honey graham crackers 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 – cooked and uncooked noodles, macaroni, spaghetti, etc. Popcorn Pretzels Ready to eat cold cereals for older children or adults Rolls made with seeds, nut pieces or whole grain kernels Sweet pastries, commercial and home made Tapioca

Meat/Meat Alternates

Lunch/Supper for 8 months through 11 months only (until 1st birthday)

Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
Cheese Cheese Food or Cheese Spread Cooked dry beans or split peas Commercial plain strained or pureed baby food meats with meat or poultry as the first ingredient Cottage Cheese Eggs Gerber 2nd Foods™ Meats Beef and Beef Gravy Chicken and Chicken Gravy Ham and Ham Gravy Lamb and Lamb Gravy Turkey and Turkey Gravy Veal and Veal Gravy Meat/meat alternates must be of appropriate consistency and texture for the individual infant to avoid choking hazards. Meat, fish, shellfish and poultry Nut and see butters (unless choking risk)	Baby food combination dinners in a jar Baby food meat sticks or "Finger Sticks": (looks like miniature hot dogs) Bacon Bologna Chicken nuggets Commercially-prepared combination dinners Cured meats Dehydrated dinners Fat trimmed from meat Fish, canned with bones Fish: shark, swordfish, king mackerel, tilefish Fish Sticks: commercial or other commercial breaded or battered fish or seafood products Fried Meats Green beans, frozen, fresh or canned (creditable as a vegetable only) Home canned meats Hot Dogs (Frankfurters) Luncheon meats Nuts Peas, frozen, fresh or canned (creditable as a vegetable only) Raw or undercooked eggs Salami Sausage Seeds Skin trimmed from meat Tofu Undercooked eggs Yogurt

Other Foods

These foods are not appropriate for infants.

Additional non-reimbursable foods include but are not limited to:

Artificial sweeteners
Caffeinated drinks
Candy, any kind (lollipops, candy bars, sweet candies)
Chips, any kind
Chocolate, Cocoa
Coffee
Desserts in jars
Desserts, commercial and home-made
Drinks with artificial sweeteners
Energy drinks
Honey
Pepper added to foods
Salt added to foods
Soft drinks
Sports drinks
Sugar, syrups and sweeteners added to foods
Tea, sweetened and unsweetened

Iowa Child and Adult Care Food Program

Iron-Fortified Infant Cereal Recipes

(Attachment to CACFP Reimbursable Foods for Infants List)

Iron fortified infant cereal (IFC) is a required part of the infant meal pattern at breakfast, and IFC or a meat/meat alternate must be served at lunch/supper for infants 8 through 11 months of age (until 1st birthday). Both meats and IFC are good sources of iron, which is especially important for infants at this age. However, older infants may reach a point in their development where they can chew and swallow foods with more texture, and may object to the consistency of IFC. These recipes are provided as a way to offer IFC in a form that may be preferred and accepted by older infants. Before serving, be sure that parents have indicated that the baby has first been introduced to all the ingredients, and that the infant may be served these foods. When served, label as IFC Muffins or IFC Pancakes on the infant menu. (These recipes do not credit toward the bread/cracker optional component at snack for infants 8-11 months old (until 1st birthday)).

IFC Muffins

2 egg yolks
1 cup iron fortified infant formula (IFF)
¼ cup vegetable oil
1½ cups rice iron-fortified infant cereal (IFC)
½ cups enriched wheat flour
½ cup sugar
1 Tbsp. baking powder

Heat oven to 400° F. Grease bottoms of 12 muffin cups (or use paper lines). Beat egg; stir in milk and oil. Mix in remaining ingredients until moistened. Batter should be lumpy. Fill muffin cups 2/3 full. Bake 20 minutes.
Yield: 12 muffins
Credit: One muffin credits as one serving of IFC (2 Tbsp.). The formula does not contribute to the IFF requirement.

IFC Pancakes

2 egg yolks
1 cup iron fortified infant formula (IFF)
2 Tbsp. vegetable oil
¾ cup rice iron-fortified infant cereal (IFC)
¾ cup enriched wheat flour
1 Tbsp. sugar
1 tsp. baking powder
½ tsp. baking soda

Beat egg yolks; add remaining ingredients in order listed. Beat with a spoon until only small lumps remain. Grease heated griddle and divide batter into 6, 4-inch pancakes. Turn pancakes as soon as they are puffed and full of bubbles. Bake other side of pancake until golden brown. May be served with applesauce instead of syrup.
Yield: 6, 4-inch pancakes
Credit: One pancake credits as one serving IFC (2 Tbsp.). The formula does not contribute to the IFF requirement.

Adapted from original recipes from Child Care Resource and Referral, St. Paul, MN.