



Perspectives

Horizons Unlimited Inc. — Sponsor of the Child and Adult Care Food Program

Very Important Program Pointers

Volume 20 Issue 211
February 2013

Infant Feeding Guidelines

We have noticed several enrollments coming into the office for infants and thought this would be a good time to review the CACFP guidelines for feeding infants.

Cereals served to infants must be Iron-Fortified Infant Cereal: Begin serving when developmentally ready, or at 8 months - whichever comes first.

Iron-fortified infant *rice* cereal is recommended as baby's 1st cereal because it:

- Is easily digested and least likely to cause an allergic reaction.
- Iron-Fortified Oat and Barley infant cereal can be added at 1-week intervals after rice cereal has been successfully tolerated.
- Wait to serve Iron Fortified Infant Wheat cereal until babies are 8 months old. Wheat is harder to digest and can cause a reaction in some infants.
- Iron-Fortified Mixed-Grain cereals can be introduced after the infant has been exposed to and has tolerated each grain separately.

These cereals are not reimbursable in the Infant Meal Pattern:

- ⇒ Jarred "wet" infant cereals.
- ⇒ Iron-fortified dry infant cereals containing fruit such as Iron-Fortified Rice Cereal with Bananas.
- ⇒ Cereals designed for older children and adults.

Examples would be oatmeal, grits, farina and adult dry cereals such as Cheerios; although these are not reimbursable as a substitute for infant cereal, they can be fed as additional foods when the child is developmentally ready.

Infant Fruits and Vegetables: Begin serving when developmentally ready or at 8 months whichever comes first.

- A fruit or vegetable must be the first ingredient listed on the label.
- Multiple fruits and/or vegetables can be listed on the ingredient list.
- Please verify that the infant has been exposed to the fruits and veggies you offer at home first to avoid allergic reactions and intolerance.

Inside this issue:

Very Important Program Pointers	1
Nutrition Note/ Snack Recipe	2
Monthly Lunch Ideas and Recipes	3
Word Search/ Let's Get Moving	4

"If you judge people, you have no time to love them."

— Mother Teresa



Infant Feeding Guidelines cont.

These commercially prepared baby foods are not reimbursable in the Infant Meal Pattern:

- ⇒ First ingredient on the list is water.
- ⇒ Fruits and vegetables with yogurt or labeled as desserts.
- ⇒ Fruits and vegetables containing meats or grains.
- ⇒ Fruits and vegetables with DHA.

These often contain added ingredients such as egg yolk or fish oils.

Infant Meats and Proteins: Begin serving when developmentally ready or at 8 months - whichever comes first.

- Commercially prepared, single ingredient baby food meats, are reimbursable as a meal component.
- Introduce cooked egg yolk after meats have been accepted.
 - Avoid serving whole egg or egg whites because they can cause allergic reactions and intolerances in some infants
- Cheese may be offered to infants. Mild cheddar, mozzarella, Colby and cottage cheese are good choices.
 - Do not feed chunks of cheese. This can cause choking.
- Fin-Fish is creditable for infants.
 - Check to ensure no bones are in the fish.
- Cooked dry beans or dry peas, such as kidney beans, lima beans, pinto beans, or chick peas may be offered as an infant protein.
 - Serve beans/peas mashed or pureed as the whole bean/pea is a choking hazard.

These meats and proteins that are not reimbursable in the Infant Meal Pattern:

- ⇒ Peanut Butter and other nut or seed butters
- ⇒ Yogurt
- ⇒ Commercially prepared combination food dinners
 - For example Beef Stew or Chicken Dinner with Veggies and Rice
- ⇒ Commercial fish sticks or fillets
- ⇒ Hotdogs and other processed meats. For example sausage and lunch meats
- ⇒ Shell fish such as shrimp



FEBRUARY LUNCH IDEAS

VISIT WWW.HORIZONSUNLIMITED.ORG FOR MORE MENU IDEAS!

<p>1% Milk</p> <p>Cottage Cheese</p> <p>*Tomato Mac and Cheese</p> <p>Pineapple</p> <p>WW pasta</p>	<p>1% Milk</p> <p>Refried Beans</p> <p>Lettuce/ Tomatoes</p> <p>Oranges</p> <p>Tortilla Wrap</p>	<p>1% Milk</p> <p>Turkey</p> <p>Carrots</p> <p>Papaya</p> <p>Whole Grain Stuffing</p>	<p>1% Milk</p> <p>Pulled Pork</p> <p>Green Beans</p> <p>Apple</p> <p>WW Bun</p>	<p>1% Milk</p> <p>Baked Fish</p> <p>Cole Slaw</p> <p>Grapes</p> <p>Rye Bread</p>
--	--	---	---	--

*Tomato Mac and Cheese (just the right color for Valentine's Day)

Ingredients:

- 1 can condensed cheddar cheese soup
- 1 cup of spaghetti sauce
- 1/3 cup milk
- 4 cups cooked whole wheat elbow pasta
- Grated parmesan cheese

Credit as a grain.



Valentines Day Snack Ideas

Have a dipping party!
What fun.



Fruit Smoothies

Fruit and Cheese
Kabobs



Sweetheart
Krispie
Treats

Word Search: Valentines

HEART
CUPID

KISS

HUG

LOVE

PINK

KINDNESS

CARDS

CANDY

FLOWERS

PARTIES

VALENTINES

SWEETHEART

RED

Knock knock!
Who's there?
Sherwood
Sherwood who?
Sherwood like to be
your valentine!



W	E	A	C	G	D	I	P	U	C	U	P
A	V	S	D	U	F	G	H	J	A	K	L
T	R	A	E	H	Z	C	P	V	R	B	P
A	S	L	L	H	G	R	I	P	D	D	A
I	S	D	F	E	G	H	N	K	S	S	R
S	S	E	N	D	N	I	K	D	F	S	T
L	L	O	V	E	E	T	K	C	U	P	I
S	T	R	C	Y	W	P	I	D	B	N	E
N	D	Y	D	S	C	B	S	N	M	N	S
C	A	N	D	Y	Y	D	S	D	E	R	D
A	T	R	A	E	H	T	E	E	W	S	S
C	E	A	F	L	O	W	E	R	S	R	N

Let's Get Moving!

Valentines Day Games

Cupid Says

Pin the Heart on the Cupid

Heart - Heart - Hug (Duck Duck Goose)

Valentine Fishing : Cut out fish shapes and have children decorate. Write an action on the back of each fish. Put a magnet on the nose of each fish.



Scatter the fish on the floor and give the children a fishing pole (dowel stick with sting and magnet). When they catch a fish they do the action.



CACFP -
where healthy eating
becomes a habit.

Perspectives is published monthly by Horizons Unlimited, Inc. a sponsor of the Child and Adult Care Food Program.
Phone: 920-826-7292 or 1-800-261-9176 Fax: 1-920-826-5308 E-mail: horizons@bayland.net
Linda Leindecker, Executive Director Jenna Van Den Wildenberg, Field Representative

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability." "To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."