

CACFP BOOT CAMP FEEDING INFANTS

DECEMBER 6, 2023



**Watch On
Demand**

Earn 6 Hours of Continuing Education

The act of feeding is one of the most complex tasks in the first year of life. Whether you're navigating the transition to solid foods through traditional methods or exploring the realm of baby-led weaning, our tailored sessions will be your guide.

Available on-demand for attendees through December 13, 2023.

Topics Include:

- » Feeding Infants in the CACFP: Resources, Training and Regulations
- » Infant Meal Pattern: What Foods Are Creditable and When?
- » Defining Developmentally Ready, Engaging Parents and Understanding Cues
- » Get Cooking with CACFP Creditable Infant Recipes
- » Medical Statements: Do You Really Need Them?
- » Formulas & Breastfeeding Both Welcome
- » Handling Food Allergens in the CACFP Infant Meal Pattern
- » Transitioning to Solid Foods: Safe Approaches for Infant Feeding Styles
- » CACFP Infant to Toddler Meal Patterns Quizapalooza
- » Ask Us Anything: Infants in the CACFP
- » Movement and Fun: Learn Ways to Promote Active Play with Infants and Toddlers

Register today at cacfp.org/feeding-infants

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All times listed are Eastern

10:30 am - 11:00 am

Feeding Infants in the CACFP: Resources, Training and Regulations

If you are caring for infants at your site, you know there are additional requirements when feeding infants which change as they move from 0-5 months of age to 6-12 months. There are also many resources! Learn how to use and reference the USDA's Feeding Infant Guide to support your care, protocols, and participation in the food program.

Lisa Mack, National CACFP Sponsors Association

Veronica Howard, MPH, Texas Education Service Center Region 4

11:10 am - 11:40 am

Infant Meal Pattern: What Foods Are Creditable and When?

Do you have a mix of infants and toddlers in your care? Following two different meal patterns can be challenging since there are foods that are creditable in one and not the other. Learn how to identify creditable foods that can be served to infants while adhering to the CACFP meal pattern requirements.

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Sponsors Association

11:50 am - 12:20 pm

Defining Developmentally Ready, Engaging Parents and Understanding Cues

Coordination and muscle control are key skills infants need to be ready to eat solid foods, but what are the signs and resources you need to help you know? Having parents part of the conversation on what their baby is eating at child care can help bridge the gap between healthy eating practices at home and at child care.

Monica Griffin, MS, RD, Quality Care for Children

12:30 pm - 1:00 pm

Get Cooking with CACFP Creditable Infant Recipes

From purees to bite-sized foods, new recipes to add to your menu are always in demand. Explore infant-friendly recipes that will not only bring something exciting to the plate, but more flavors and vegetables to be explored by those in your care!

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Sponsors Association

1:10 pm - 1:40 pm

Medical Statements: Do You Really Need Them?

Received a special food request and not quite sure what to do? Learn about medical statements and what you need to know before serving foods that may or may not be creditable in the CACFP.

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Sponsors Association

1:50 pm - 2:20 pm

Formulas & Breastfeeding Both Welcome

Breastmilk and formula are both creditable in the CACFP infant meal pattern. Learn what formulas are reimbursable, how to store formula and breastmilk, and how to develop a breastfeeding friendly environment at your center or family child care home.

Lisa Mack, National CACFP Sponsors Association

Daina Huntley, MPH, CHES, Carolina Global Breastfeeding Institute

Jessica Bridgman, MPH, LDN, RDN, Carolina Global Breastfeeding Institute

2:30 pm - 3:00 pm

Handling Food Allergens in the CACFP Infant Meal Pattern

Food allergies can arise at any age, even in infancy! Learn the nine major food allergens, how to identify foods containing these allergens and questions you may need to ask to serve meals safely for the infant(s) in your care.

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Sponsors Association

3:10 pm - 3:40 pm

Transitioning to Solid Foods: Safe Approaches for Infant Feeding Styles

The internet is abuzz with various approaches to introducing solid foods to infants, but which methods are the safest? Understand the distinctions between feeding styles, such as conventional or baby led weaning. Gain insights into how to ensure the safety of the foods you offer, implement responsive feeding practices, and prevent choking hazards.

Monica Griffin, MS, RD, Quality Care for Children

3:50 pm - 4:20 pm

CACFP Infant to Toddler Meal Patterns Quizapalooza

Maybe you are new or have been working in the CACFP for quite some time. But are you a CACFP Infant Meal Pattern Superstar? This fun, interactive session will test your knowledge in the CACFP meal patterns specific to infants and fill in the details of what you may not know!

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Sponsors Association

4:30 pm - 5:00 pm

Ask Us Anything: Infants in the CACFP

Join us for an unscripted, dynamic, and real conversation focusing on feeding infants in the CACFP. Bring your CACFP infant feeding questions – you can ask us anything – and we'll answer as many as we can. You've got questions, we've got answers.

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Sponsors Association

Monica Griffin, MS, RD, Quality Care for Children

On Demand

Movement and Fun: Learn Ways to Promote Active Play with Infants and Toddlers

Learn fun, developmentally appropriate physical activities to play with infants and toddlers in CACFP child care homes, centers and Early Head Start classrooms. Consider the many benefits of physical activity and how these activities help meet recommended best practices. View demonstrations and videos of these activities so you can apply these ideas in your own trainings.

Diane H. Craft, PhD, Active Play Books

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Schedule At-a-Glance

10:30 am - 11:00 am	Eastern	Feeding Infants in the CACFP: Resources, Training and Regulations
9:30 am - 10:00 am	Central	
8:30 am - 9:00 am	Mountain	
7:30 am - 8:00 am	Pacific	
11:10 am - 11:40 am	Eastern	Infant Meal Pattern: What Foods Are Creditable and When?
10:10 am - 10:40 am	Central	
9:10 am - 9:40 am	Mountain	
8:10 am - 8:40 am	Pacific	
11:50 am - 12:20 pm	Eastern	Defining Developmentally Ready, Engaging Parents and Understanding Cues
10:50 am - 11:20 am	Central	
9:50 am - 10:20 am	Mountain	
8:50 am - 9:20 am	Pacific	
12:30 pm - 1:00 pm	Eastern	Get Cooking with CACFP Creditable Infant Recipes
11:30 am - 12:00 pm	Central	
10:30 am - 11:00 am	Mountain	
9:30 am - 10:00 am	Pacific	
1:10 pm - 1:40 pm	Eastern	Medical Statements: Do You Really Need Them?
12:10 pm - 12:40 pm	Central	
11:10 am - 11:40 am	Mountain	
10:10 am - 10:40 am	Pacific	
1:50 pm - 2:20 pm	Eastern	Formulas and Breastfeeding Both Welcome
12:50 pm - 1:20 pm	Central	
11:50 am - 12:20 pm	Mountain	
10:50 am - 11:20 am	Pacific	
2:30 pm - 3:00 pm	Eastern	Handling Food Allergens in the CACFP Infant Meal Pattern
1:30 pm - 2:00 pm	Central	
12:30 pm - 1:00 pm	Mountain	
11:30 am - 12:00 pm	Pacific	
3:10 pm - 3:40 pm	Eastern	Transitioning to Solid Foods: Safe Approaches for Infant Feeding Style
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