



Learning Center Training Plan: FEEDING INFANTS

The act of feeding is one of the most complex tasks in the first year of life. Whether you're transitioning to solid foods through traditional methods or exploring baby-led weaning, our tailored sessions will be your guide. You can find all of these webinars at cacfp.org/learning-center, or click directly on the title for easy navigation.

“The Feeding Infants Training Plan is an invaluable resource that is very comprehensive. It builds confidence and clarity for caregivers while supporting healthy infant feeding at every stage.”

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. ~ 0.5 hour, Specialty 1

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. ~ 0.5 hour, Specialty 2

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. ~ 0.5 hour, Specialty 1

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! ~ 0.5 hour, Specialty 2

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. ~ 0.5 hour, Specialty 1

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. ~ 0.5 hour, Specialty 1