

Crediting Store-Bought Combination Baby Foods in the Child and Adult Care Food Program



Combination baby foods are foods that include a mixture of two or more foods, such as meat and vegetables. Under certain circumstances, these foods may be counted toward a reimbursable infant meal or snack in the U.S. Department of Agriculture's Child and Adult Care Food Program (CACFP).

Before serving a store-bought combination baby food, check with your State agency or sponsoring organization. It may require you to have the baby food packaging, a Product Formulation Statement, or other form of documentation to show how the food credits toward the CACFP infant meal pattern.

How Much of the Combination Baby Food Needs to be Offered?

In the CACFP infant meal pattern*, amounts of food served at meals and snacks are shown as ranges, such as 0 to 2 tablespoons. This range lets you introduce new foods slowly when the infant is developmentally ready. Once a baby is regularly eating a food, offer the infant the full amount of the food (the uppermost range).

Combination baby foods should be offered only after the infant has been introduced to the individual ingredients in the combination food. For example, before an infant is given a chicken and vegetable combination baby food, the infant should have already been introduced to both chicken and the vegetable individually as single component foods. More information on the introduction of foods is available at fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program.

Since infants eating combination baby foods have already shown that they are developmentally ready and accepting of each food in the combination baby food, you must ensure that the combination baby food package provides the full, required amount of the food component. If it does not, you must offer more food from that component to meet the full amount of the food.

Remember, this amount must be *offered* to the infant, but the infant does not have to eat all of it.

*For information on the CACFP infant meal pattern, please see the "Feeding Infants in the Child and Adult Care Food Program" guide at fns.usda.gov/tn/feeding-infants-child-and-adult-care-food-program.

Required Amounts of Food Components at Meals and Snacks

Breakfast, Lunch, Supper*

- **Grains/Meats/Meat Alternates:** ½ oz eq (4 tbsp) iron-fortified infant cereal or 4 tbsp meat, fish, poultry, whole eggs, cooked dry beans or peas; or ½ cup (4 oz) yogurt or cottage cheese; or a combination.
- **Vegetables/Fruit:** 2 tbsp vegetable, fruit, or both.

Snack*

- **Grains:** ½ oz eq (4 tbsp) infant cereal, ½ oz eq of bread/bread-like items, ¼ oz eq ready-to-eat breakfast cereal, or ¼ oz eq crackers.
- **Vegetables/Fruit:** 2 tablespoons fruit, vegetable or a combination of both.

*You must also offer a baby breastmilk and/or iron-fortified infant formula at breakfast, lunch, supper, and snack.

How Do I Credit Combination Baby Foods?

Follow the steps below to see how combination baby foods count toward a reimbursable meal or snack.

- 1 Look for the creditable ingredient(s) in the baby food. What component(s) do the ingredient(s) credit toward?

The charts below and on page 3 show some common ingredients that are and are not creditable in the CACFP infant meal pattern. Although there are ingredients that may not be creditable, if there is at least one creditable component, the combination baby food may be offered.

Look for combination baby foods that are made with few or no non-creditable ingredients. This will help ensure the infant gets the nutrition he or she needs for growth and development.

Creditable	
Food Item	Food Component
Beans	Grains/Meats/Meat Alternates or Vegetables/Fruit
Cheese (natural or processed)	Grains/Meats/Meat Alternates
Fin fish and shellfish	Grains/Meats/Meat Alternates
Fruits (not freeze-dried, not juice)	Vegetables/Fruit
Iron-fortified infant cereal*	Grains/Meats/Meat Alternates
Meats (beef, pork)	Grains/Meats/Meat Alternates
Poultry (chicken, turkey)	Grains/Meats/Meat Alternates
Ready-to-Eat Cereal	Grains (creditable at snack only)
Vegetables (not freeze-dried, not juice)	Vegetables/Fruit
Yogurt (not soy yogurt)	Grains/Meats/Meat Alternates

*At snack, iron-fortified infant cereal counts toward the grains component, as there is no required meats/meat alternates component at snack.

For more information on creditable foods in the infant meal pattern, see "Appendix F: Infant Foods List" in the "Feeding Infants in the Child and Adult Care Food Program" guide at fn.usda.gov/tn/feeding-infants-child-and-adult-care-food-program.

Not Creditable

Food Item

Barley	Nuts and seeds
Cooked grains	Nut and seed butters
Dried or powdered cheese*	Oats
Freeze-dried vegetables and fruit (e.g., banana)	Quinoa
Granola	Rice
Macaroni and other pastas	Soy yogurt
Millet	Wheat
Mixed grains	

*According to the Food and Drug Administration, dried or powdered cheese does not meet the definition of "cheese."

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Does the combination baby food only include ingredients from one food component?

- **Yes.** If the combination baby food only has ingredients from one food component, go to Step 4. You can also see Example #1 (Page 5) on how to credit this food.
- **No.** Go to Step 3.

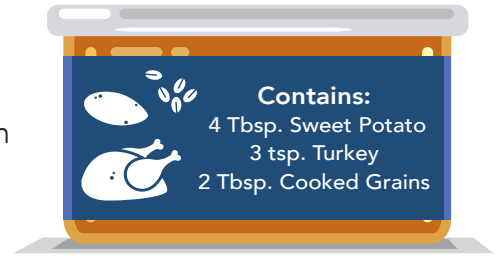


How Do I Credit Combination Baby Foods? (continued)

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Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc.)?

- **Yes.** If the amount of each ingredient is listed as a unit of volume, such as cups, tbsp, tsp, etc., go to Step 4. You can also see Example #2 (Page 5) on how to credit this food.



Ingredients:

65% organic bananas, 30% water, 3% organic oat flour, 1% organic barley flakes, 0.277% organic cinnamon, 0.1% organic lemon juice concentrate.

- **No.** Is the amount of each of the ingredients listed as a percentage of the total weight? If so, you may need to calculate the amount of each ingredient to determine the number of tbsp, tsp, etc., or request more information from the manufacturer. See Example #3 on page 6.

- **No.** If the package does not list the volume or percentage of each creditable ingredient, then you will need more information from the manufacturer, such as a Product Formulation Statement. For more information on a PFS, see fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf.



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Compare the amount of each food component in the container with the amount required in the CACFP infant meal pattern.

- If the food has more than one ingredient from the same component, add the volume (cups, tbsp, tsp, etc.) of the ingredients together to see the total amount from the food component.
- If the volume (cups, tbsp, tsp, etc.) of ingredients that credit toward a food component is less than the required amount for that food component, additional foods are needed.

Converting to Tablespoons

If the package lists amounts in teaspoons or cups, see the information below for how many tablespoons are in that amount.

3 teaspoons (3 tsp) = 1 tablespoon (tbsp)



$\frac{1}{8}$ cup = 2 tablespoons (tbsp)



$\frac{1}{4}$ cup = 4 tablespoons (tbsp)



Let's Practice

Example 1: Sweet Potato, Apple, & Corn

Step 1. Look for the creditable ingredients. What component(s) do the ingredient(s) credit toward?

The creditable ingredients are sweet potato, apple, and corn. All the ingredients credit toward the vegetables/fruit component.

Step 2. Does the combination baby food only include ingredients from one food component?

Yes. Sweet potato, apple, and corn are all creditable ingredients from the vegetables/fruit component. There are no other ingredients in this baby food.

Step 3. Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc)?

This food only contains ingredients from one food component (vegetables/fruit), so we do not need to know the amount of each ingredient.

Step 4. Compare the amount of each food component in the container with amount required in the CACFP infant meal pattern.

- The infant meal pattern requires that you offer 2 tbsp of vegetables/fruit at CACFP meals and snacks. Because this food only contains ingredients from one food component, you can offer an infant 2 tbsp of this food to fulfill the vegetables/fruit component.



Example 2: Turkey & Sweet Potato Dinner

Step 1. Look for the creditable ingredients. What component(s) do the ingredient(s) credit toward?

The creditable ingredients are sweet potato and turkey. Sweet potatoes credit toward the vegetables/fruit component and turkey credits toward the grains/meats/meat alternates component.

This food also contains cooked grains, which are not creditable in the infant meal pattern.

Step 2. Does the combination baby food only include ingredients from one food component?

No. This food has ingredients that credit toward two different food components.



Step 3. Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc.)?

Yes. This tub of combination baby food lists 4 tbsp of sweet potatoes and 3 tsp of turkey per container.

Step 4. Compare the amount of each food component in the container with the amount required in the CACFP infant meal pattern.

The infant meal pattern requires that you offer:

- 2 tbsp of vegetables/fruit at CACFP meals and snacks, and
- 4 tbsp grains/meats/meat alternates at breakfast, lunch, and supper.

✓ Because this tub offers 4 tbsp of vegetables/fruit, one tub of this food fulfills the vegetables/fruit component.

⚠ However, this tub only offers 3 tsp (1 tbsp) of meats/meat alternates. You must offer 3 tbsp more of an iron-fortified infant cereal and/or meats/meat alternates to fulfill the full 4 tbsp of the grains/meats/meat alternates component.

Example 3: Granola With Banana and Cinnamon

Step 1. Look for the creditable ingredients. What component(s) do the ingredient(s) credit toward?

The creditable ingredient is banana. Bananas credit toward the vegetables/fruit component.

Step 2. Does the combination baby food only include ingredients from one food component?

No. The food also contains water, oat flour, barley flakes, and other items that do not credit toward the vegetables/fruit component.

Step 3. Is the amount of each creditable ingredient listed on the food container as a unit of volume (i.e., cups, tablespoons (tbsp), or teaspoons (tsp), etc.)?

No. The amount of each ingredient is listed as a percentage of the total weight.

Step 4. Compare the amount of each food component in the container with amount required in the CACFP infant meal pattern.

Because the jar lists amounts of the ingredients in percentages of the total weight, you will need to use the Food Buying Guide for Child Nutrition Programs (foodbuyingguide.fns.usda.gov) to determine the amount that may be credited toward the meal pattern. Please contact your State agency or sponsoring organization for assistance and documentation requirements. You may also request a Product Formulation Statement (PFS) from the manufacturer that shows the amount of each ingredient in cups, tablespoons (tbsp), or teaspoons (tsp), etc. For more information on a PFS, see fns.usda.gov/sites/default/files/resource-files/manufacturerPFStipsheet.pdf.

