



**COUNTY OF SAN BERNARDINO  
PRESCHOOL SERVICES DEPARTMENT  
POLICY**

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PAGE 1 of 1  
**EFFECTIVE: 7-01-11**  
Updated

**SUBJECT: USDA Meal Pattern Requirements for  
Infants**

**APPROVED: 5-25-11**

  
**BY: Ron Griffin, Director**

**PURPOSE**

Provide snacks and meals to infants during group socialization activities that meet USDA Meal Pattern Requirements

**POLICY**

Feeding Infants

Forms applicable to this policy are: CACFP Infant Meal Pattern Guidelines

**REFERENCE**

Head Start Performance Standards 1304.23 (b)(1)(iv) & 1306.33 (c)(3)

**PROCEDURE**

Infants from birth to twelve months, need to be fed "on demand" to every extent possible. Infants should be fed when hungry, calm and wide awake. Infant meal patterns are grouped into three age categories:

- Birth through 3 month
- 4 through 7 months
- 8 through 11 months

If a parent is not breast feeding, the decision about which infant formula to feed a baby is one for the baby's doctor and parents to make together. Head Start must offer an iron-fortified infant formula in order to obtain reimbursement. See <http://www.fns.usda.gov/cnd/care/Regs-Policy/InfantMeals/FormulaList.htm> for a complete list of approved formulas. If a baby's doctor indicates that a baby should be fed a special formula or a low-iron formula, a written statement from a doctor or their recognized medical authority must be on file at the facility in order for the formula to be reimbursable.

Developmental and nutrition needs of each infant vary. Solid foods are introduced to infants when developmentally ready, a decision made by the parent and doctor. **Always** consult with the parent or guardian about the introduction of solid foods.