JACOBS LADDER CHRISTIAN LEARNING CENTER

Infant Nutrition & Feeding Guide

Individualized care for infants ages 6 weeks through 11 months.

Our infant feeding practices follow the Child and Adult Care Food Program (CACFP) infant meal pattern and support each child's developmental readiness and individual feeding needs.

6 weeks–5 months

Breast milk and/or iron-fortified infant formula are offered according to each infant's individual feeding needs. Solid foods are introduced when developmentally appropriate, in coordination with the family; they are not required in the birth-through-5-month CACFP meal pattern.

6–11 months

Breast milk and/or iron-fortified infant formula remain part of infant meals. As infants become developmentally ready, appropriate foods may include iron-fortified infant cereal, fruits, vegetables, and eligible meat or meat alternates. Eligible grains may be offered at snack in accordance with the CACFP infant meal pattern.

Individualized daily menus

Rather than following a fixed rotating infant menu, staff select age-appropriate foods based on each infant's feeding needs and document the foods served each day. Families are encouraged to share feeding instructions, allergies and updates with classroom staff.

This institution is an equal opportunity provider.