

Bottle Feeding Infants in the Child and Adult Care Food Program (CACFP)

CACFP facilities must ensure the safety of breast milk and formula when bottle feeding infants. Use the following guidelines when purchasing and preparing formula, storing formula and breast milk, warming bottles, and feeding babies. For more information, see the Connecticut State Department of Education's (CSDE) *Feeding Infants in CACFP Child Care Programs*.



PURCHASING FORMULA

- Ready-to-feed formula is the most convenient and sanitary. If a CACFP facility uses dry powder or liquid concentrate, staff must carefully prepare it according to the instructions on the container. Adding too little water to formula puts a burden on the baby's kidneys and digestive system, and may lead to dehydration. Adding too much water to formula may interfere with the baby's proper growth because the formula does not contain adequate calories and nutrients, and can cause water intoxication. Instructions on using special formulas should be provided by the baby's doctor.
- Make sure the label says "with iron" or "iron fortified." CACFP regulations allow only iron-fortified infant formulas. Formula labels that say "low iron" do not meet the infant meal pattern requirements. Low iron or other formulas may only be served to infants with a disability that requires a dietary substitute. For more information, see the CSDE's *Accommodating Special Diets in CACFP Child Care Programs*.
- Do not purchase cans of infant formula that have dents, bulges, pinched tops or bottoms, puffed ends, leaks or rust spots.
- Check the formula's expiration date to make sure the product is not too old.

PREPARING FORMULA

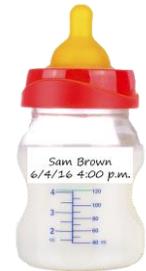
- Clean and sanitize the workspace.
- Wash hands thoroughly with soap and warm water.
- Wash all equipment (bottles, caps, rings and nipples) in hot soapy water and scrub, using bottle and nipple brushes. Rinse well in hot water.

- Disinfect bottles, caps, rings and nipples by boiling for five minutes in a pot with enough water to cover. Remove with sanitized tongs, let cool and air dry.
- Before opening a formula can, wash the top of can lid with soap and clean water and rinse to remove dirt that could contaminate the formula. Wash the can opener with soap and hot water before using.
- Prepare formula properly according to directions on the formula container.
- Add formula for one feeding to each clean bottle.
- Put a clean nipple upside down on each bottle, cover with cap and screw on ring.

Note: The State of Connecticut Office of Early Childhood Division of Licensing regulations for child care centers and group day care homes require that parents or guardians provide clean bottles unless the center or group day care home uses disposable bottles or has a dishwasher or dishwashing system approved by the local health director to wash bottles. Unbreakable hard plastic bottles are recommended instead of glass bottles.

HANDLING AND STORING BREAST MILK

- Clearly label all bottles with each baby's name, and the date and time the breast milk was collected. Never accept an unlabeled bottle from parents or guardians. Do not use unlabeled bottles that have been accidentally accepted.
- Refrigerate bottles immediately when they arrive, and keep refrigerated until ready to use.
- Use bottles of breast milk only for the baby for whom they are intended.
- Do not allow bottles of breast milk to stand at room temperature.
- Store bottles of fresh breast milk in the refrigerator at 39 degrees Fahrenheit or below. Use within 72 hours from the time it was collected. Throw out unused breast milk if not used within 72 hours. Frozen breast milk (0 degrees Fahrenheit or below) can be stored for up to three months after the time it was collected.



Bottle Feeding Infants in the CACFP, Continued

STORING BOTTLES OF PREPARED FORMULA

- Clearly label all bottles with each baby's name, and the date and time the formula was prepared. Use bottles of formula only for the baby for whom they are intended.
- Refrigerate prepared bottles until ready to use. Use them within 48 hours from the time they were prepared. Store prepared bottles in the back of the refrigerator where it is coldest.
- To prevent spoiling, do not allow prepared bottles of formula to stand at room temperature. Do not use a bottle that has been out of the refrigerator for one hour or longer.
- Opened cans of formula must be covered, refrigerated and used within 48 hours. Throw out formula that is not used within 48 hours.
- Do not freeze infant formula.
- Throw out any unused formula left in bottles after a feeding. Rinse bottles in cool water to remove formula. Do not reuse bottles containing formula after the baby has fed from it. The mixture of formula with the baby's saliva promotes the growth of disease-causing bacteria.



though the bottle feels cool. The hot liquid could cause serious burns. Covered bottles, especially vacuum-sealed, metal-capped bottles of ready-to-feed formula, can explode when heated in a microwave.

FEEDING THE BABY

- Be sure to use the breast milk or formula intended for each baby. Never use a bottle prepared for one baby for another baby.
- Gently and smoothly calm the baby to get ready for feeding. Feed in a smooth continuous fashion following the baby's preference for timing, speed and amounts. Avoid disruptions such as unnecessary burping, wiping, juggling and arranging.
- Older babies may be fed a bottle while sitting in a high chair. Always hold infants who are not able to sit up for feeding. Do not prop bottles for infants to nurse. Propping bottles can cause ear infections, choking, and can also lead to baby-bottle tooth decay.
- Hold the baby's head a little higher than the rest of the body to prevent milk from backing up in the inner ear and causing an ear infection.
- Wait for the baby to stop eating before burping. Burp by gently patting or rubbing the baby's back while the baby rests on your shoulder or sits on your lap.
- Continue to feed until baby indicates fullness. Signs of fullness include sealing the lips, absence of suckle reflex, and spitting out nipple.
- Never force babies to finish what is in the bottle. Let them determine how much to eat.
- Do not let infants or toddlers carry bottles around with them. Babies who carry around a bottle can develop tooth decay, may drink too much liquid, and may share their bottles with other babies. The liquid in a bottle carried around for a long time can spoil.
- Only feed babies while they are awake. Do not offer the bottle in bed at nap or sleep time. Allowing babies to sleep in a crib with a bottle can lead to choking, ear infections, tooth decay or other dental problems, and problems with speech later on.

WARMING BOTTLES

- For babies who prefer a warm bottle, warm the bottle immediately before serving by holding it under running warm (not hot) water. Warm only as much formula as you think the baby will need for a feeding.
- To thaw frozen breast milk, hold bottle under cool to warm water. Shake bottle gently to mix. Never thaw at room temperature.
- Always test the temperature of the liquid before feeding to make sure it is not too hot or cold. Shake the bottle well, and test the temperature by squirting a couple of drops onto the wrist or back of the hand. The temperature is correct when it feels neither warm nor cold.
- Never use a microwave to heat bottles. Liquid may become very hot when microwaved, even

Bottle Feeding Infants in the CACFP, Continued

SOURCES

- *Feeding Infants: A Guide for Use in the Child Care Food Program* (FNS-258). U. S. Department of Agriculture, 2001. www.fns.usda.gov/tn/Resources/feeding_infants.html
- *USDA Memo CACFP 14-2015 (v.2): Infant Feeding in the CACFP – Revised*. U.S. Department of Agriculture, June 24, 2015. www.fns.usda.gov/sites/default/files/sfsp/CACFP14_2015V2os.pdf

For more information, consult the CSDE's guide, *Feeding Infants in CACFP Child Care Programs*, and the *Feeding Infants* section of the CSDE's Nutrition Policies and Guidance for the CACFP Web page.

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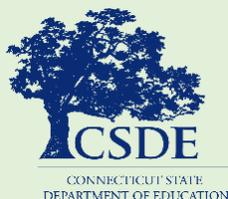
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For information on the CACFP, visit the CSDE's [CACFP Web site](#) or contact the [CACFP staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

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