

Infant Authorization for Solids

This form is provided to you as a tool to use in communicating with the parent on adding solid foods to the infant menu. Solids should be added as the infant is developmentally ready for them.

We hope that you will visit regularly with the parent and document the addition of more food items. You, the provider, may complete the form when you have discussed solids and agreed that it is time to begin; or, you may wish to have the parents update the form frequently as additional food items are added to the list. There may also be an instance when the parent doesn't want any solids added, and so you can use this form to indicate their preference and document the date of your discussion.

- ◆ Complete the infant name and date of birth.
- ◆ Parents sign and date the form indicating they are ready to have their infant receive solids.
- ◆ Parents/Providers can indicate which solid foods they are ready for at this time. Add additional dates when additional food items are added.
- ◆ Parents/Providers can add any additional notes they choose to provide more instruction.
- ◆ Parents/Providers can also update form of food as the infant is ready for that food in a new form. (going from jar to mashed or finger foods)

Keep this form on file with the infant enrollment form. It **does not need** to be submitted to CNS.

Document the **date it was first signed** on the Infant Menu Form where it is listed: **Ready for Solids.**



Introduction to Solid Foods

Nebraska Child and Adult Care Food Program

Good communication between parents and child care providers is essential for successful infant feeding. This communication could be a simple conversation, a survey given to parent by provider, or just a list of foods prepared by the parent. Solid foods should be introduced when an infant is developmentally ready (around six months of age). **Solid foods should be served after parents have introduced them at home** in consultation with the infant's health care provider. Child care providers should not be the first to introduce new foods.

Instruction for parents/providers: Identify new foods successfully introduced to the infant, with the date and initial, in the spaces below. Update the form whenever new foods are introduced and return to the child care home. Additional instructions can be listed on the reverse side of this form if needed.

Infant Name:	Date of Birth:
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A. My infant is ready for solid foods, in addition to formula or breastmilk, for the following meals (write date):

Breakfast		Lunch	
AM Snack		PM Snack	
		Supper	
		Evening Snack	

B. Identify foods introduced to your infant at home:

Foods introduced			
Food	Date/Initial	Food	Date/Initial
Iron-fortified infant cereals		Bread/crackers for snacks only (whole grain-rich, enriched meal, or enriched flour, no seeds or nuts)	
Rice		Bread/toast/rolls	
Oat		Biscuits	
Barley		Crackers	
Mixed		Pancakes, waffles	
Wheat		Tortilla wheat/corn, soft	
Soft fresh or cooked fruits and vegetables of appropriate texture for the infant's development abilities. Fruits and vegetables should be peeled and seeds removed.		Ready-to-eat (RTE) Breakfast Cereal (cereals for children and adults) at snack time: RTE cereal is allowed when an infant is developmentally ready to accept it. List specific cereals below. Texture must be appropriate for infant's abilities. Cereals must not have more than 6 grams of sugar per dry ounce.	
Apples		Cereal:	
Apricots		Cereal:	
Bananas		Cereal:	
Carrots		Meat and meat alternates	
Cherries		Beef (soft, moist)	
Grapes		Dry beans, cooked, mashed or pureed	
Green beans		Cheese, natural (not processed) Name:	
Melon		Chicken (soft, moist)	
Peaches		Cottage cheese	
Pears		Dry (split) peas, cooked, mashed or pureed	
Peas		Fish, Name:	
Plums		Peanut Butter	
Potatoes		Pork, (soft, moist)	
Prunes		Shellfish	
Squash		Tuna	
Sweet potatoes		Turkey, (soft, moist)	
Other foods and dates:		Whole egg	
		Yogurt (less than 23 grams total sugar per 6 oz)	

Parent Signature _____

Date _____