



Appendix F: Infant Foods List

This list of creditable and non-creditable foods in this publication is not all-inclusive. This publication includes only those foods that are most commonly served to infants in child care programs. For more information on determining which foods are creditable in the CACFP and contribute toward the meal pattern requirements, see the *Food Buying Guide for Child Nutrition Programs*. Some food products may require additional documentation, such as a Child Nutrition (CN) label or Product Formulation Statement, to determine if they are creditable in the CACFP.

Allergies

A food allergy is a body's reaction to a protein in a food called an allergen. Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans are the most common allergens. These used to be thought of as foods that should be avoided when feeding babies. However, recent research shows that there is no need to delay the introduction of these foods. Serve foods to a baby at your child care site only after they have been introduced to the baby at home with no problems.

Vegetables and Fruits

Vegetables and fruits that have been pureed, mashed, or finely chopped credit toward the meal pattern based upon the amount served. For instance, $\frac{1}{8}$ cup (or 2 tablespoons) of pureed peaches counts as $\frac{1}{8}$ cup of fruit. A $\frac{1}{8}$ cup of puree credits at $\frac{1}{8}$ cup, even if you made this amount of puree using $\frac{1}{4}$ of a fresh peach.

Grains

Grain products, such as bread, crackers, and ready-to-eat cereals, must be made with enriched or whole grain meal or flour or be fortified. All cereals must contain no more than 6 grams of sugar per dry ounce.



Prevent Choking

Infants and young children are at a high risk for choking on foods. All foods given to infants and young children must be of a size, shape, and texture appropriate for the age and development of the infant or young child. Foods must be cut into small pieces no larger than $\frac{1}{2}$ inch or cut lengthwise into thin slices. Adults should always supervise participants, especially infants, during meals and snacks.



Tip:

The *Food Buying Guide for Child Nutrition Programs* is available online and as a mobile app at: <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>.

All Food Components

Food	Creditable			Comments
	Yes	Maybe	No	
Baby foods, desserts (such as baby puddings, custards, cobblers, fruit desserts)			X	Baby food desserts often contain insufficient amounts of creditable ingredients. They are not 100% fruit and are often high in added sugars and fat and low in nutrients.
Baby foods, store-bought (commercial), combination foods (such as chicken and vegetables)	X			The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods, or combination foods. It is encouraged that once the baby is developmentally ready and has eaten each ingredient within a combination food individually without having an allergic reaction, then combination foods can be served. For example, a baby should try chicken separate from vegetables first before trying a mixed chicken and vegetables baby food. Some mixed dishes may contain foods that do not credit towards the infant meal pattern, such as rice or pasta.
Baby food, store-bought (commercial), mixed fruit	X			See Baby foods, store-bought (commercial), single-component (such as plain fruits, mixed fruits and vegetables, vegetables, or meats).
Baby food, store-bought (commercial), mixed vegetables	X			See Baby foods, store-bought (commercial), single-component (such as plain fruits, mixed fruits and vegetables, vegetables, or meats).
Baby foods, store-bought (commercial), single-component (such as plain fruits, mixed fruits and vegetables, vegetables, or meats)	X			Store-bought baby foods that contain one food component and are packaged in a jar, plastic container, pouch, or any other packaging are creditable in the Child and Adult Care Food Program. The way a food is packaged does not impact whether a food is creditable or not.

Canned foods, homemade			X	Home-canned foods are not creditable due to food safety issues that can arise during the home canning process.
Combination foods, commercial baby food	X			See Baby foods, store-bought (commercial), combination foods (such as chicken and vegetables).
Desserts, baby food			X	See Baby foods, desserts .
Home-canned baby foods			X	See Canned foods, homemade .
Homemade baby foods	X			Foods should be cooked, if necessary, and pureed, mashed, ground, or finely chopped. Parents may only provide one component of a reimbursable meal.
Honey			X	Honey (including products that have honey cooked or baked into them, such as honey graham crackers) should not be served to infants younger than 1 year of age. Honey is sometimes contaminated with Clostridium botulinum spores. If an infant ingests these spores, the spores can produce a toxin that may cause a severe foodborne illness called infant botulism. Be sure to read the ingredients list on the back of food packages.
Single-component baby foods, store-bought (commercial)	X			See Baby foods, store-bought (commercial), single-component (such as plain fruits, mixed fruits and vegetables, vegetables, or meats).

Milk

Food	Creditable			Comments
	Yes	Maybe	No	
Almond milk			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a medical statement from a State-recognized medical authority.
Breastmilk	X			Breastmilk is the best food for infants and is recommended from birth through the first year of life. Infants should be fed only breastmilk, iron-fortified infant formula, or both until they are around 6 months of age.
Buttermilk			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a medical statement from a State-recognized medical authority.
Cream			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a medical statement from a State-recognized medical authority.
Dry milk, reconstituted			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a medical statement from a State-recognized medical authority.
Evaporated milk			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a medical statement from a State-recognized medical authority.

Formula, follow-up			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a medical statement signed by a State-recognized medical authority.
Formula, infant, FDA Exempt			X	Formulas classified as Exempt Infant Formulas by the U.S. Food and Drug Administration (FDA) may be served as a part of a reimbursable meal if the substitution is due to a disability and is supported by a medical statement signed by the baby's health care provider.
Formula, infant, iron-fortified (includes soy-based)	X			The only acceptable alternative to breastmilk is iron-fortified infant formula. The American Academy of Pediatrics recommends only serving breastmilk, iron-fortified infant formula, or both during the first year of life. Formula must be served as a beverage to be creditable. The infant formula must be FDA approved (i.e., not bought from another country), should not be on the FDA Exempt Infant Formula list, and must be iron-fortified.
Formula, infant, low-iron (includes soy-based)			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a medical statement signed by a State-recognized medical authority.
Formula, infant, low lactose or lactose free	X			Must be iron-fortified. A medical statement is not required to serve this formula and have it count as part of a reimbursable meal or snack.
Goat's milk			X	Only breastmilk and iron-fortified infant formula are creditable through 11 months of age unless the substitution supported by a medical statement from a State-recognized medical authority. Must meet State standards for fluid milk.

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Half and half			X	Only breastmilk and iron-fortified infant formula are creditable through 11 months of age unless the substitution is supported by a medical statement from a State-recognized medical authority.
Hemp milk			X	Only breastmilk and iron-fortified infant formula are creditable through 11 months of age unless the substitution is supported by a medical statement from a State-recognized medical authority.
Milk, raw			X	Raw milk is unpasteurized and can be harmful to an infant's health. Only breastmilk and iron-fortified infant formula are creditable through 11 months of age.
Milk, whole, reduced-fat (2%), low-fat (1%) or fat-free (skim)			X	Only breastmilk and iron-fortified infant formula are creditable through 11 months of age unless the substitution is supported by a medical statement from a State-recognized medical authority.
Soy-based formula	X			See Formula, infant, iron-fortified (includes soy-based) .
Sweetened condensed milk			X	Only breastmilk and iron-fortified infant formula are creditable unless the substitution is supported by a medical statement signed by a State-recognized medical authority.

Meat and Meat Alternates

Food	Creditable			Comments
	Yes	Maybe	No	
Baby foods, store-bought (commercial), combination foods (such as chicken and vegetables)	X			The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods, or combination foods. It is encouraged that once the baby is developmentally ready, and has eaten all ingredients within a combination food individually without having an allergic reaction, then combination foods can be served. For example, a baby should try chicken separate from vegetables first before trying a mixed chicken and vegetables baby food. Some mixed dishes may contain foods that do not credit towards the infant meal pattern, such as rice or pasta.
Baby foods, store-bought (commercial), single-component	X			Store-bought baby foods that contain one food component packaged in a jar, plastic container, pouch, or any other packaging are creditable in the Child and Adult Care Food Program. The way a food is packaged does not impact whether a food is creditable or not.
Beans and peas, dry or canned	X			Beans or peas can be credited either as a vegetable or a meat alternate, but not both in the same meal or snack. They should be cooked and prepared to the appropriate texture for infants (pureed or mashed). Do not serve whole beans or peas because they may cause infants to choke. If serving canned beans or peas, drain them first and rinse with clean, safe water before using to reduce the amount of salt.
Canned foods, homemade			X	Home-canned foods are not creditable due to food safety issues that can arise during the home canning process.

Meat and Meat Alternates continued from pg 155

Food	Creditable			Comments
	Yes	Maybe	No	
Cheese, cottage cheese	X			Cottage cheese is creditable at all meals and snacks for infants who are developmentally ready to accept them. See the <i>Food Buying Guide for Child Nutrition Programs</i> for more information.
Cheese foods, cheese food substitutes, cheese spreads, and cheese spread substitutes			X	Cheeses labeled as “cheese food,” “cheese spread,” and “imitation cheese” are not creditable for infants because they are generally higher in sodium than other cheeses. Cheese foods do not meet the Food and Drug Administration’s standard of identity.
Cheese, imitation			X	Cheeses labeled “imitation” are not creditable. Imitation cheese does not meet the Food and Drug Administration’s standard of identity.
Cheese, natural and processed cheese	X			Natural and processed cheeses such as American cheese, cheddar, Monterey Jack, and Swiss are creditable at all meals and snacks for infants who are developmentally ready to accept them. Cut cheese into small thin slices or strips no larger than ½ inch to reduce the risk of choking.
Cheese products			X	Cheeses labeled “product” are not creditable for infants. Cheese product does not meet the Food and Drug Administration’s standard of identity.
Chicken nuggets		X		Only the edible chicken portion credits toward the meat/meat alternate requirement. All foods served to infants must be of a shape, size, and texture appropriate for the age and development of the infant. See the <i>Food Buying Guide for Child Nutrition Programs</i> for more information.

Combination foods, commercial baby food	X		See Baby foods, store-bought (commercial), combination foods.
Cream cheese			X Cream cheese is not creditable; it contains less protein and more fat than creditable cheeses.
Egg whites or egg yolks			X Only whole eggs are creditable.
Eggs	X		Whole eggs, including pasteurized, liquid whole eggs, and dried whole eggs, containing the yolk and egg white, are creditable. Eggs must be fully cooked. Serve only after it has been introduced at home with no problems.
Fish, boneless, store-bought (commercial)	X		Only fish purchased from licensed vendors is creditable. May be served to infants who are developmentally ready to accept them. All foods must be of a shape, size, and texture for an infant to avoid choking. Examine fish closely to make sure it is free of bones. Serve only after it has been introduced at home with no problems. The U.S. Food and Drug Administration and the Dietary Guidelines for Americans recommend that pregnant women and young children avoid eating types of fish that typically have higher mercury levels, including shark, swordfish, king mackerel, tilefish, bigeye tuna, orange roughy, and marlin.
Fish, home-caught (noncommercial)		X	Home-caught fish is only creditable if it meets State or local public health policies regarding food safety.

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Food	Creditable			Comments
	Yes	Maybe	No	
Fish sticks or portions, store-bought (commercial)		X		Only the edible fish portion credits toward the meat/meat alternate requirement. May be served to infants who are developmentally ready to accept them. All foods served to infants must be of a shape, size, and texture for an infant to avoid choking. Fish must be fully cooked. Includes store-bought, commercially prepared breaded or battered fish and fish portions. See the <i>Food Buying Guide for Child Nutrition Programs</i> for more information.
Home-canned baby foods			X	See Canned foods, homemade .
Homemade baby foods	X			Foods should be cooked, if necessary, and pureed, mashed, or finely diced.
Hot dogs or frankfurters		X		May be served to infants who are developmentally ready to accept them. Should be prepared to the appropriate shape, size, and texture for an infant to avoid choking. Do not serve whole hot dogs or hot dog rounds. This product tends to be higher in sodium and saturated fat. If the product contains byproducts, cereals, or binders/ extenders, it must be accompanied by a Child Nutrition label or Product Formulation Statement. Examples of binders/ extenders are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. See the “Meats/Meat Alternates” section in the <i>Food Buying Guide for Child Nutrition Programs</i> .

Infant meat and poultry sticks (not dried or semi-dried)		X		See Hot dogs or frankfurters .
Meats, plain, cooked, homemade	X			Cooked meats are creditable and may be served to infants who are developmentally ready to accept them. Fresh or frozen meats must be cooked thoroughly and then prepared to the appropriate shape, size, and texture for infants to avoid choking.
Meats, single-component, store-bought (commercial) baby food	X			Store-bought baby food meats, such as pureed or mashed ham, turkey, chicken, beef, and so on, usually contain broth or gravy. These are creditable.
Nuts			X	Nuts are not creditable in a reimbursable infant meal.
Peanut butter (or other nut butters or seed butters)			X	Peanut butter and other nut butters or seed butters are not creditable in a reimbursable infant meal. Chunks of nut or seed butters pose a choking risk for infants. Peanut butter or other nut butters can get stuck to the roof of the mouth making it difficult to swallow.
Sausage (all forms)		X		May be served to infants who are developmentally ready to accept it. Should be prepared to the appropriate shape, size, and texture for an infant to avoid choking. Products labeled “fresh pork sausage” or “fresh Italian sausage” may be credited. See the “Meats/Meat Alternates” section in the <i>Food Buying Guide for Child Nutrition Programs</i> .
Seeds			X	Seeds are not creditable in a reimbursable infant meal.

Meat and Meat Alternates continued from pg 159

Food	Creditable			Comments
	Yes	Maybe	No	
Shellfish (such as crab, shrimp, clams, mussels)	X			Shellfish must be fully cooked; only the edible fish portion is creditable. May be served to infants who are developmentally ready to accept it. Should be prepared to the appropriate shape, size, and texture for an infant to avoid choking. Be sure to remove all shells. See the “Meats/Meat Alternates” section in the <i>Food Buying Guide for Child Nutrition Programs</i> .
Single-component baby foods, store-bought (commercial)	X			See Baby foods, store-bought (commercial), single-component .
Soy yogurt			X	Soy yogurt is not creditable in a reimbursable infant meal.
Soybeans (edamame)	X			Soybeans can be credited either as a vegetable or a meat alternate, but not both in the same meal or snack. They should be cooked and prepared to the appropriate texture for infants (pureed or mashed). Do not serve whole soybeans because they may cause infants to choke.
Tofu			X	Tofu is not creditable in a reimbursable infant meal.
Vienna sausage		X		May be served to infants who are developmentally ready to accept it. Should be prepared to the appropriate shape, size, and texture for an infant to avoid choking. This product is high in fat and sodium. Only creditable when free of byproducts, cereals, and extenders. See the <i>Food Buying Guide for Child Nutrition Programs</i> for more information.
Whole Egg	X			See Eggs .

Yogurt, freeze-dried snacks			X	Freeze-dried yogurt snacks are not creditable and do not meet the Food and Drug Administration's standard of identity for yogurt.
Yogurt, frozen		X		Program operators may credit yogurt that they have frozen. See Yogurt, store-bought (commercial), plain, unflavored, flavored . Please note that crediting of a meat/meat alternate in this form is discouraged, as it is perceived as a dessert. Commercial frozen yogurt is not creditable. Please see the "Other Foods" section in the <i>Food Buying Guide for Child Nutrition Programs</i> .
Yogurt, homemade			X	Homemade yogurt is not creditable due to food safety issues.
Yogurt in a tube	X			Must meet the Food and Drug Administration's standard of identity for yogurt to be creditable. A 2.2 ounce tube provides ½ ounce equivalent meat alternate. Must contain no more than 23 grams of total sugars per 6 ounces.
Yogurt, liquid form (drinkable)			X	Liquid yogurt and yogurt that can be consumed from a bottle are not creditable. Liquid "yogurt" does not meet the Food and Drug Administration's standard of identity for yogurt.
Yogurt products, storebought (commercial), such as frozen yogurt, yogurt bars, yogurt flavored products, yogurt covered fruits or nuts, or similar products)			X	These products are not creditable. See the "Other Foods" section in the <i>Food Buying Guide for Child Nutrition Programs</i> for information on commercial frozen yogurt.
Yogurt, store-bought (commercial), plain, unflavored, flavored	X			Store-bought (commercial) yogurt may be served to infants who are developmentally ready to accept it. The yogurt must contain no more than 23 grams of sugar per 6 ounces to be creditable. Soy yogurt is not creditable as part of a reimbursable infant meal.

Vegetables

Food	Creditable			Comments
	Yes	Maybe	No	
Baby foods, store-bought (commercial), combination foods (such as chicken and vegetables)	X			The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods, or combination foods. It is encouraged that once the baby is developmentally ready, and has eaten all ingredients within a combination food individually without having an allergic reaction, then combination foods can be served. For example, a baby should try chicken separate from vegetables first before trying a mixed chicken and vegetables baby food dinner. Some mixed dishes may contain foods that do not credit towards the infant meal pattern, such as rice or pasta.
Baby foods, store-bought (commercial), single-component (such as plain vegetables, mixed vegetables, mixed vegetables and fruit)	X			Store-bought baby foods that contain one food component and are packaged in a jar, plastic container, pouch, or any other packaging are creditable in the CACFP. The way a food is packaged does not impact whether a food is creditable or not.
Beans and peas, dry or canned	X			Beans or peas can be credited either as a vegetable or a meat alternate, but not both in the same meal or snack. They should be cooked and prepared to the appropriate texture for infants (pureed or mashed). Do not serve whole beans or peas because they may cause infants to choke. If serving canned beans or peas, drain them first and rinse with clean, safe water before using to reduce the amount of salt.
Canned foods, homemade			X	Home-canned foods are not creditable due to food safety issues that can arise during the home canning process.
Combination foods, commercial baby food	X			See Baby foods, store-bought (commercial), combination foods.

Freeze-dried fruit and vegetable snacks			X	See Fruit Snacks .
Fruit/Vegetable juice blends			X	Juice is not creditable as part of a reimbursable infant meal.
Home-canned baby foods			X	See Canned foods, homemade .
Homemade baby foods	X			Foods should be cooked, if necessary, and pureed, mashed, or finely chopped. Parents may only provide one component of a reimbursable meal.
Mixed fruits and vegetables, store-bought (commercial) baby food	X			Store-bought baby foods with more than one fruit and vegetable on the ingredients list are creditable because vegetables and fruit are one component in the infant meal pattern.
Mixed vegetables, store-bought (commercial) baby food	X			See Baby foods, store-bought (commercial), single-component (such as plain vegetables, mixed vegetables, mixed vegetables and fruit).
Single-component baby foods, store-bought (commercial)	X			See Baby foods, store-bought (commercial), single-component (such as plain vegetables, mixed vegetables, mixed vegetables and fruit).
Vegetable juice			X	Juice cannot count towards a reimbursable infant meal.
Vegetables, plain, cooked (homemade)	X			Fresh, plain vegetables are creditable. Vegetables should be cooked, if necessary, and pureed, mashed, or finely chopped for an infant to avoid choking. All foods served to infants must be of a shape, size, and texture appropriate for the age and development of the infant. Parents may only provide one component as part of a reimbursable meal.

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Vegetables, plain, frozen (homemade)	X			Frozen, plain vegetables are creditable. Vegetables should be cooked and pureed, mashed, ground, or finely chopped for an infant to avoid choking. All foods served to infants must be of a shape, size, and texture appropriate for the age and development of the infant. Parents may only provide one component as part of a reimbursable meal.
Vegetables, single-component store-bought (commercial) baby food	X			See Baby foods, store-bought (commercial), single-component.

Fruit

Food	Creditable			Comments
	Yes	Maybe	No	
Baby foods, desserts (such as baby puddings, custards, cobblers, fruit desserts)			X	These are not 100% fruit, and are often high in added sugars and fat and low in nutrients.
Baby foods, store-bought (commercial), combination foods (such as chicken and fruits)	X			The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods, or combination foods. It is encouraged that once the baby is developmentally ready, and has eaten all ingredients in a combination food individually without having an allergic reaction, then combination foods can be served. For example, a baby should try chicken separate from apricots first before trying a mixed chicken and apricot baby food dinner. Some mixed dishes may contain foods that do not credit towards the infant meal pattern, such as rice or pasta.

Baby foods, store-bought (commercial), single-component (such as plain fruits, mixed fruits, mixed fruits and vegetables)	X		Store-bought baby foods that contain one food component and are packaged in a jar, plastic container, pouch, or any other packaging are creditable in the CACFP. The way a food is packaged does not impact whether a food is creditable or not.
Canned foods, homemade			X Home-canned foods are not creditable due to food safety issues that can arise during the home canning process.
Combination foods, commercial baby food	X		See Baby foods, store-bought (commercial), combination foods.
Desserts, baby food			X See Baby foods, desserts.
Freeze-dried fruit and vegetable snacks			X See Fruit snacks.
Fruit drinks and fruit punch			X Fruit drinks and fruit punch are not creditable as part of a reimbursable infant meal.
Fruit juice			X Juice is not creditable as part of a reimbursable infant meal.
Fruit, plain, cooked (homemade)	X		Fresh, plain fruits are creditable. All foods served to infants must be of a size, shape, and texture appropriate for the age and development of the infant. Fruits should be cooked, if necessary, and pureed, mashed, ground, and finely chopped for an infant to avoid choking. Parents can only provide one component as part of a reimbursable meal.
Fruit, plain, frozen (homemade)	X		Frozen, plain fruits are creditable. Fruits should be thawed and, if necessary, cooked and cooled. All foods served to infants must be of a size, shape, and texture appropriate for the age and development of the infant. Parents can only provide one component as part of a reimbursable meal.

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Fruit, single-component, store-bought (commercial) baby food	X		See Baby foods, store-bought (commercial), single-component (such as plain fruits, mixed fruits, mixed fruits and vegetables).
Fruit snacks (such as 100% fruit strips or fruit leather, freeze-dried fruit snacks, fruit drops, or other snack-type products)		X	Fruit snacks are not creditable as part of a reimbursable infant meal.
Fruit/Vegetable juice blends		X	Juice is not creditable as part of a reimbursable infant meal.
Juice		X	See Fruit juice and Vegetable juice .
Mixed fruits and vegetables, store-bought (commercial) baby food	X		Store-bought baby foods with more than one fruit and vegetable on the ingredients list are creditable because vegetables and fruit are one component in the infant meal pattern.
Mixed fruits, store-bought (commercial) baby food	X		See Baby foods, store-bought (commercial), single-component (such as plain fruits, mixed fruits, mixed fruits and vegetables).
Single-component baby foods, store-bought (commercial)	X		See Baby foods, store-bought (commercial), single-component (such as plain fruits, mixed fruits, mixed fruits and vegetables).

Grains

Food	Creditable			Comments
	Yes	Maybe	No	
Animal crackers	X			See Crackers .
Baby foods, desserts (such as baby puddings, custards, cobblers, fruit desserts)			X	These foods often contain insufficient amounts of creditable ingredients. They are not 100% fruit, and are often high in sugar and fat and low in nutrients.
Baby foods, store-bought (commercial), combination foods (such as chicken and rice)	X			The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods, or combination foods. It is encouraged that once the baby is developmentally ready, and has eaten each ingredient in a combination food individually without having an allergic reaction, then combination foods can be served. For example, a baby should try chicken separate from rice before trying a mixed chicken and rice baby food. Some mixed dishes may contain foods that do not credit towards the infant meal pattern, such as rice or pasta.
Baby foods, store-bought (commercial), single-component	X			Store-bought baby foods that contain one food component and are packaged in a jar, plastic container, pouch, or any other packaging are creditable in the CACFP. The way a food is packaged does not impact whether a food is creditable or not.
Bagels	X			See Bread .
Biscuits	X			See Bread .

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Food	Creditable			Comments
	Yes	Maybe	No	
Bread	X			Bread or toast is creditable for infants who are developmentally ready to accept it. Bread is only reimbursable at snack and should be served only in small, thin strips or pieces. Should not contain nuts or seeds to reduce the risk of choking. Grains served must be made with enriched or whole grain meal or flour.
Buns, hamburger and hot dog	X			See Bread .
Cakes			X	Cakes are considered grain-based desserts, which are not creditable.
Cereal, infant, iron-fortified, multiple grains	X			Iron-fortified dry infant cereals with multiple grains are creditable for infants that are developmentally ready to accept them. The American Academy of Pediatrics recommends introducing single-ingredient foods to babies first before giving a mix of foods.
Cereal, infant, iron-fortified, single grain	X			Iron-fortified infant cereals such as rice, barley, and oatmeal are creditable for infants who are developmentally ready to accept them. The American Academy of Pediatrics recommends introducing single-ingredient foods first before giving a mix of foods.
Cereal, ready-to-eat	X			Ready-to-eat cereals are creditable at snack for infants that are developmentally ready to accept them. The cereal must contain no more than 6 grams of sugar per dry ounce and must be iron fortified. Ready-to-eat cereals must be made with enriched or whole grain meal or flour, or be fortified.

Combination dinners, commercial baby food	X			See Baby foods, store-bought (commercial), combination foods.
Cookies			X	Cookies are considered grain-based desserts, which are not creditable.
Corn muffins	X			See Bread.
Cornbread	X			See Bread.
Crackers	X			Crackers may be served at snack and are creditable to infants who are developmentally ready to accept them. Crackers served must be made with enriched or whole grain meal or flour. Should not contain seeds, nuts, or whole grain kernels to reduce the risk of choking.
Croissants	X			See Bread.
Desserts, baby food			X	See Baby foods, desserts.
English muffins	X			See Bread.
Farina			X	Farina is not creditable as part of a reimbursable infant meal. Farina is not a ready-to-eat cereal or iron-fortified infant cereal.
Graham crackers	X			See Crackers.
Grits			X	Grits are not creditable as part of a reimbursable infant meal. Grits are not a ready-to-eat cereal or iron-fortified infant cereal.
Home-canned baby foods			X	See Canned foods, homemade.

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Food	Creditable			Comments
	Yes	Maybe	No	
Homemade baby foods	X			Foods should be cooked, if necessary, and pureed, mashed, or finely chopped. Parent can only provide one component as part of a reimbursable meal.
Infant cereal	X			See Cereal, infant, iron-fortified, single grain and Cereal, infant, iron-fortified, multiple grains .
Oatmeal, instant and regular			X	Instant and regular cooked oatmeal is not creditable as part of a reimbursable infant meal. Oatmeal is not a ready-to-eat cereal or iron-fortified infant cereal.
Pancakes	X			See Bread .
Pita bread	X			See Bread .
Pizza crust	X			See Bread .
Pretzels, soft	X			See Bread .
Puff cereal snacks		X		It is up to the program operator to determine if the puff cereal snack is easily recognizable as a ready-to-eat cereal. It may resemble puffed rice cereals or whole grain O's. It should easily dissolve in an infant's mouth and should not contain nuts, seeds, or hard pieces that can cause choking. Some of these products can be higher in sodium. If the program operator determines it is a ready-to-eat cereal, it may be served at snack to infants who are developmentally ready to accept it. The cereal must contain no more than 6 grams of sugar per dry ounce. Ready-to-eat cereals must be made with enriched or whole grain meal or flour, or be fortified.

Rolls	X		See Bread .
Single-component baby foods, store-bought (commercial)	X		See Baby foods, store-bought (commercial), single-item .
Teething crackers, biscuits, toasts	X		Teething snacks may be served at snack and are creditable for infants who are developmentally ready to accept them. Grains served to infants must be made with enriched or whole grain meal or flour, or be fortified.
Tortilla, soft (flour, whole wheat, and corn tortillas)	X		See Bread .
Waffles	X		See Bread .