



# Recommended Infant/Toddler Feeding Plan

## BIRTH TO FOUR MONTHS

1. Breast milk and/or formula (prepared at home, labeled, and brought to Center).

## FOUR TO SIX MONTHS

1. Breast milk and/or formula (prepared at home, labeled, and brought to Center).
2. Non-wheat cereals, with breast milk, formula, or water.

## SIX TO NINE MONTHS

1. Breast milk and/or formula (prepared at home, labeled, and brought to Center).

By about 6 months, breast milk and formula alone are no longer able to provide the entire range of food components necessary to meet all of your baby's needs. Though they are still an excellent source of nourishment, they must be supplemented with solid foods, which contain the extra calories, iron, and other nutrients your baby's growing body now needs. Our Center will provide the following jar baby food:

1. Vegetables
2. Fruits
3. Meats

Baby food will be given in this order and for two (2) consecutive days to avoid disruption to their little system and to help you identify any food allergies.

## NINE TO TWELVE MONTHS

1. Mature diet consisting of lunch and two (2) snacks.
  - a. We will offer finger foods well-cooked, mashed, soft or bite sized pieces of chicken, turkey, ground beef, cottage cheese, casseroles, egg yolks, noodles, soft fruits or vegetables. Closely supervised by teacher.
2. A small unbreakable cup will be offered with water, formula or breast milk. Many breast-fed babies learn to take a cup quickly. We avoid letting your infant carry around a cup between meals and snacks. Breast milk or infant formula will be given for one year.
3. We will avoid salt and limit sugar.
4. We will limit sweet snacks.

**\* Due to concerns of botulism, NO Honey will be given within the first year.**

## TWELVE MONTHS TO TWO (2) YEARS

1. Vitamin D, pasteurized cow's milk will be given after one year.
2. Your child will be served lunch and two (2) snacks per day, once in the morning and again in the afternoon. Weekly menus will be posted on the Parent bulletin board in the lobby.