

TABLE TALK

JULY, 2018 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

New Infant Feeding Regulations as of October 2017

A mother may directly breastfeed her infant on-site and the meal will be reimbursable.

- If an infant is developmentally ready to consume solid foods and the parent or guardian chooses to supply expressed breastmilk or a creditable infant formula or directly breastfeed on-site, then the center or day care home must provide all the other required meal components in order for the meal to be reimbursable. Alternatively, a parent or guardian may choose to provide a solid food component if the infant is developmentally ready to consume solid foods. In this situation, the center or day care home must supply all the other required meal components, including iron-fortified infant formula.

Feeding an Infant consistent with the Infant's Eating Habits

- Daycare Centers and Daycare Homes must offer all infants in their care meals that comply with the infant meal pattern requirements. However, infants do not eat on a strict schedule, so it is best to watch the infant for hunger cues, and not the clock. Along with watching for hunger cues, childcare providers should watch for satiety cues to know when the infant is full. If an infant does not consume all the food that is served to them at a meal or snack, the childcare provider may safely store the remaining food and serve it at another time. As long as all the required food components are offered over the course of the day, the meals may be reimbursable. Infant meals must not be disallowed due solely to the fact that they are served outside of the established meal times.

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Chef Bob's Cookbook

Chick Pot Pie Cupcakes



Chicken Pot Pie Cupcakes
COOK: about 15 Min
YIELDS: 12

Main Ingredients

- 2 cups of cooked chicken breasts diced
- 1 can cream of chicken soup
- 1 cup frozen mixed veggies
- 1 cup shredded cheddar cheese
- 1/2 tablespoon of dried thyme
- 1/2 tablespoon of dried basil
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- 2 (10 oz) cans Pillsbury biscuits

Directions

1. Preheat your oven to 400.
2. In a large bowl, combine the cooked chicken, cream of chicken soup, frozen veggies, cheese, herbs and spices.
3. Lightly grease a 12-cup muffin tin and place the Pillsbury biscuits into each cup, pressing into the bottom and up the sides.
4. Evenly spoon the pot pie mixture into each biscuit cup. Slide into the oven and bake for about 15 minutes. Check at the 12 minute mark.
5. Let rest for about 3 minutes and dig in!