The Buzz

June 2025

🥩 NOURISHING INFANTS IN CHILDCARE: CREATIVE & COMPLIANT MEALS

Providers can ensure healthy development in the CACFP infant meal pattern while introducing little ones to a world of flavors and textures.

🍼 CACFP Infant Meal Pattern Overview

Infants 0–5 Months

- 4–6 fl oz breast milk or iron-fortified formula at all meals/snacks
- No solids yet—nutrition comes fully from milk/formula

Infants 6–11 Months

Meals must include:

- 6–8 fl oz breast milk or formula
- 0–4 tbsp cereal, meat, yogurt, cheese, or beans
- 0–2 tbsp fruit and/or vegetables
- Snacks include similar portions with optional grains or produce.
- Introduce solids gradually based on developmental readiness and family input.

🍴 **Creative & Compliant Menu Ideas**

🍓 Rotate Seasonal Foods

Add variety and reduce costs with seasonal produce:

- Spring: Peas, strawberries
- Summer: Peaches, zucchini
- Fall: Sweet potato, pumpkin
- Winter: Butternut squash, pears

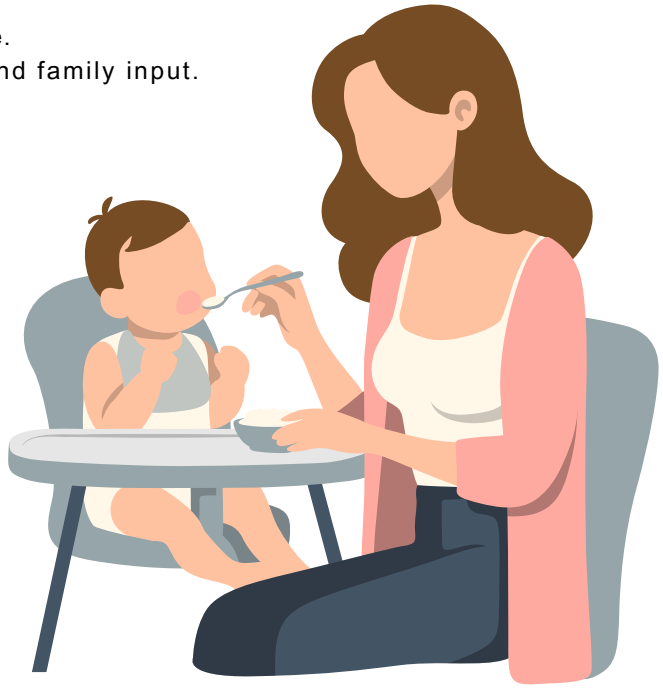
🌍 Include Cultural Flavors

Introduce mild versions of global ingredients:

- Latin: Mashed black beans, avocado
- Asian: Soft tofu, rice
- Indian: Lentils, soft naan
- Mediterranean: Hummus, couscous

👶 Texture Progression by Age

- 6–7 mo: Smooth purees
- 8–9 mo: Mashed & soft finger foods
- 10–11 mo: Small soft pieces



🍽️ Sample CACFP-Friendly Recipes

Protein Ideas

- Egg & Veggie Scramble: Soft egg, spinach, cheese (8–11 mo)
- Bean & Cheese Mash: Pinto beans + cottage cheese (6–11 mo)

Fruit/Veggie Combos

- Sweet Potato Apple Blend: Mashed sweet potato + applesauce
- Pea & Pear Puree: Mashed peas + pear

Grain Options

- Banana Oatmeal: Cooked oatmeal + mashed banana
- Yogurt Cereal Blend: Whole milk yogurt + cereal + berries

CLICK HERE for the Link

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THE BEE ZONE

Bola-Bola

1. Preheat oven to 350° F.
2. In a medium bowl, add all ingredients together and mix together well.
3. Scoop 1 tablespoon of mixture and place on non-stick baking sheet. Repeat until you have 28 bola bolas.
4. Bake for 20 minutes or until internal temperature is 165° F. Serve 2 warm bola bolas to each participant.
5. One serving provides 1/2 oz meat.

Total Time: 30 minutes
Serving Size: 2 bola bola
Servings: 14

- 1 lb lean ground pork
- 1/2 cup carrots, finely chopped
- 1/2 cup red onion, finely chopped
- 2 stalks green onion, finely chopped
- 2 garlic cloves, minced
- 3 tbsp corn starch
- 1 tsp salt
- 1/8 tsp black pepper
- 2 tsp low sodium soy sauce
- 1 egg

CLICK HERE for the Recipes

CRAFT CORNER: FATHER'S DAY

1. Use the FREE DAD template, or draw your own letters (D-A-D) on any paper.
2. Cut out the letters and tape them onto your background paper using masking tape.
3. You can use black, white, or any color paper you like — just make sure the paint colors will show up!
4. Optional: Instead of using the letter "A", you can trace the child's hand, cut it out, and tape it in the middle between the D's.
5. Have the kids dip their fingers in paint and make fingerprints all over the paper, especially around the edges of the letters or handprint.
6. Encourage them to outline the shapes carefully with fingerprints so the word "DAD" stands out.
7. Once finished, Carefully remove the letters or handprint cut-out from the paper.
8. Enjoy the colorful, fingerprint-outlined "DAD" masterpiece!

- cardstock paper
- washable paint
- masking tape

CLICK HERE for the LINK