



# Policy & Infant Food Package Updates

Illinois Department of Human Services, September 2025





# Objectives

- Review IL PM SFD Section 7 Updates
- Identify changes to an infant's food package.
- Understand when benefits and food packages will be updated.
- Understand new tailoring options.



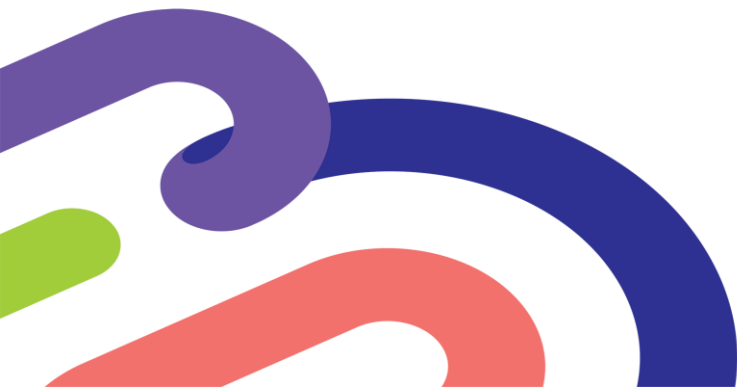


# Infant's Food Package



# **Policy Update**

## **Supplemental Food & Delivery Section 7**



# Supplemental Food & Delivery

## Section 7: Food Package Prescription

### 7.2: Core Food Packages

- Illinois WIC Food Package Tables were updated to only reflect changes in infant food packages.
- Women & Child food packages will be updated in February 2026

### New Sections

- 7.3 Cash Value Benefit (CVB)
- 7.4 Tailoring and Substitutions of Core WIC Food Packages

### Removed Sections

- 7.3 Food Package Categories – this is included in section 7.2
- 7.5 Nutrition Tailoring WIC Food Packages (Infants) – this was combined into the new 7.4 section

Tip: WIC Coordinator should review updated policy with staff & keep documentation for annual job specific WIC training.



# Supplemental Food & Delivery

## Section 7.2 Core Infant Food Packages

Core food packages are the standard Federal food package without individual tailoring or substitutions.

Infant Food Packages I, II, and III						
	Fully Formula Fed (FF)		Partially (Mostly) Breastfed (BF/FF)		Fully Breastfed (BF)	
Food Packages	I-FF & III-FF	II-FF & III-FF	I BF/FF & III BF/FF	II-BF/FF & III-BF/FF	I-BF	II-BF
	A: 0-3 months B: 4-5 months	6-11 months	A: 0-3 months B: 4-5 months	6-11 months	0-5 months	6-11 months
WIC Formula <sup>1</sup>	A: 806-870 fl oz B: 884-960 fl oz	624-696 fl oz	A: 364-435 fl oz B: 442-522 fl oz	312-384 fl oz	N/A	N/A
Infant Cereal	N/A	8 oz	N/A	8 oz	N/A	16 oz
Infant Fruits and Vegetables	N/A	128 oz	N/A	128 oz	N/A	128 oz
Infant Meat	N/A	N/A	N/A	N/A	N/A	40 oz

<sup>1</sup>USDA Federal Regulations 7 CFR 246.10; fluid ounces (fl oz) amounts listed range from the full nutrition benefit (FNB) to the maximum monthly allowance (MMA) for reconstituted powder formula.



# Core Food Packages for Infants – Breastfeeding or Fully Formula with Contract Formulas

Breastfeeding and/or with Contract Formula - Amounts per Infant Age						Infant Foods ( <i>offered 6-11 months</i> )		
Fully Breastfed								
			0-5 months		6-11 months	Infant Cereal	Infant Fruits & Vegetables	Infant Meats
WIC provides No formula			0		0	16 oz	32-4 oz containers <sup>1</sup>	16-2.5 oz containers
Partial Breastfeeding (Mostly)								
Contract Formula:	Form	Size (oz)	0-3 months	4-5 months	6-11 months	Infant Cereal	Infant Fruit & Vegetables	Infant Meats
Enfamil Infant	powder	12.5 oz	1-4	1-5	1-4	8 oz	32-4 oz containers <sup>1</sup>	0
	concentrate	13	1-14	1-17	1-12			
Enfamil NeuroPro Infant	RTF <sup>2, 3</sup>	32	1-12	1-14	1-10			
Enfamil Gentlease	powder	12.4 oz	1-4	1-5	1-4			
Enfamil NeuroPro Gentlease	RTF <sup>2, 3</sup>	32 oz	1-12	1-14	1-10			
Enfamil Reguline	powder	12.4 oz	1-4	1-5	1-4			
Enfamil ProSobee	powder	12.9 oz	1-4	1-5	1-4			
	concentrate	13	1-14	1-17	1-12			
	RTF <sup>2</sup>	32	1-12	1-14	1-10			
Enfamil AR	powder	12.9 oz	1-4	1-5	1-4			
Full Formula or Partial Breastfeeding (Some)								
Contract Formula:	Form	Size (oz)	0-3 months	4-5 months	6-11 months	Infant Cereal	Infant Fruits & Vegetables	Infant Meats
Enfamil Infant	powder	12.5 oz	5-9	6-10	5-7	8 oz	32-4 oz containers <sup>1</sup>	0
	concentrate	13	15-31	18-34	13-24			
Enfamil NeuroPro Infant	RTF <sup>2, 3</sup>	32	13-26	15-28	11-20			
Enfamil Gentlease	powder	12.4 oz	5-9	6-10	5-7			
Enfamil NeuroPro Gentlease	RTF <sup>2, 3</sup>	32 oz	13-26	15-28	11-20			
Enfamil Reguline	powder	12.4 oz	5-9	6-10	5-7			
Enfamil ProSobee	powder	12.9 oz	5-9	6-10	5-7			
	concentrate	13	15-31	18-34	13-24			
	RTF <sup>2</sup>	32	13-26	15-28	11-20			
Enfamil AR	powder	12.9 oz	5-9	6-10	5-7			

<sup>1</sup> Infants 6-11 months may substitute a portion or all the jarred infant fruits and vegetables with a cash-value benefit (CVB):

- 64oz (16-4oz containers) of jarred infant fruits and vegetables for a \$11 CVB or 128oz (32-4 oz containers) of jarred infant fruits and vegetables for a \$22 CVB.

<sup>2</sup> RTF/RTU formula must meet policy requirements to be issued, refer to policy and document need.

<sup>3</sup> Product does not meet "Formula only comes in RTF form" rationale for issuance.



# Supplemental Food & Delivery

## Section 7.3 Cash Value Benefit

NEW Section

### Supplemental Food & Delivery

#### Section 7: Food Package Prescription

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#### 3. *Cash Value Benefit (October 2025)*

- A. The Cash Value Benefit (CVB) is part of the food package that provides participants with a fixed dollar amount each month that allows the purchase of fruits and vegetables as part of their WIC food package. The CVB allows participants the most flexibility to meet their cultural needs as most fresh, frozen, or canned fruits and vegetables are allowed.
- B. The CVB is part of the core package for Pregnant, Breastfeeding, Non-Breastfeeding, and Children.
- C. The maximum monthly amounts are intended to provide approximately half of the recommended daily amounts of fruits and vegetables for adults and children.
- D. When using CVB at the retail vendor:
  - 1. Participants may pay the difference if the dollar amount of the fruits and vegetables exceeds the maximum value of the CVB.
  - 2. Participants may not accept change from CVB transactions.
- E. When using the CVB at the WFNC, fruit/vegetable purchases have no mark-up and are packaged in even dollar amounts, thus participants are not able to pay over the CVB amount available.





# Test Your Knowledge

The maximum monthly amounts of CVB are intended to provide approximately \_\_\_\_\_ of the recommended daily amounts of fruits & vegetables for adults & children.

- a.  $\frac{1}{4}$
- b.  $\frac{1}{3}$
- c.  $\frac{1}{2}$
- d. All

**C. CVB provides about  $\frac{1}{2}$  of the recommended daily amount**



# Test Your Knowledge

The cash value benefit is part of the core food package for:

- a. Women, children, and infants
- b. Women and children only
- c. Infants only

**B. The CVB is part of the core food package for the women and children food packages.**



# Test Your Knowledge

True or False

Participants can pay the difference if the dollar amount of the fruits & vegetable exceeded the maximum value of the CVB at the retail vendor.

**True – participants may pay the difference at retail vendors**



# Supplemental Food & Delivery

## Section 7.4

### Tailoring and Substitutions of Core WIC Food Packages

- **Tailoring** – this includes substitutions, reductions, or eliminations to accommodate the participants dietary needs, cultural and personal preference, and house/living conditions.
  - Example: reducing formula amount to provide the minimum amount of formula to support the dyads breastfeeding goals; removing eggs due to allergy.
- **Substitutions** – federal regulations allow for substitutions of certain food items to encourage intake and increase participant choice for more preferred foods.
  - Example: substituting cheese and yogurt for some of the participant's milk benefit; substituting jarred infant fruits & vegetables for CVB
- All food package issuance & tailoring must be based on a nutrition assessment.
- All participants must be informed of the maximum monthly allowance and substitution options for each food category.





# Tailoring Documentation

When less than the maximum monthly allowance is provided, rationale and changes must be documented in IWIC following *NPS Documenting in WIC MIS* guidance.

Reducing or eliminating foods is appropriate only when:

- Medically or nutritionally warranted (eliminate food due to allergy)
- A participant refuses or cannot use the MMA or chooses to take less.
- Following a nutrition & breastfeeding assessment, the quantity of formula is reduced to support the dyads breastfeeding goals.



# Breastfeeding support

The updated food rule supports breastfeeding by reinforcing the requirement to determine formula amount based on assessed daily intake.



# Assessing Breastfeeding Goals and Formula Use

- What are your breastfeeding goals?
- Are you expecting any changes in breastfeeding in the next few weeks or months?
- Tell me more about when you are using formula to feed your baby.
- How many ounces does your baby drink per bottle? How many bottles per day?

Resource: NPS Breastfeeding



# Assessing Formula Needs

<b>Partial Breastfeeding Food Package</b>	<b>Ounces of Formula per 24 hours</b>	<b>Cans of Formula per Month</b>
Mostly	3 oz or less	1 can
Mostly	4-6 oz	2 cans
Mostly	7-9 oz	3 cans
Mostly	10-12 oz	4-5 cans
Some/Limited	13-15 oz	5 cans
Some/Limited	16-18 oz	6 cans
Some/Limited	19-21oz	7 cans
Some/Limited	22-24 oz	8 cans
Some/Limited	25 or more oz	9-10 cans

This table is based on Illinois contract powdered infant formula.





# Test Your Knowledge

True or False

Food packages can be individually tailored to accommodate the participant's dietary needs, cultural and personal preference, breastfeeding goals, and housing / living conditions.

**True**



# Test Your Knowledge

Providing less than the maximum monthly allowance (MMA) in a food package is appropriate only when:

- a. Medically or nutritionally warranted
- b. A participant refuses or chooses to take less than the MMA
- c. After a nutrition & breastfeeding assessment to meet the needs of the breastfeeding dyad formula need
- d. All the above

**D. All of the above**



# Test Your Knowledge

True or False

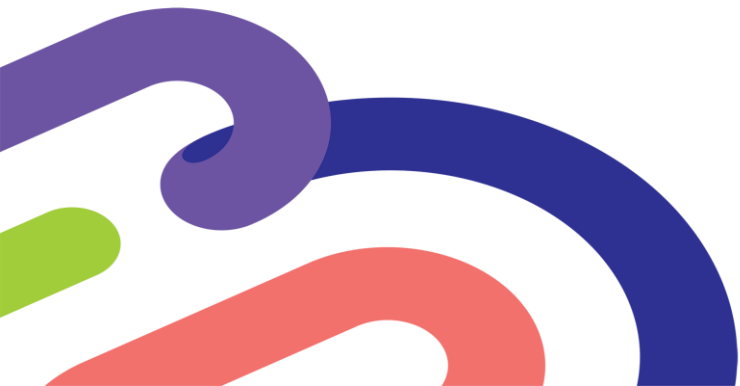
Any reductions or eliminations to participant food packages must be documented following *NPS Documenting in WIC MIS*.

True



# **Infant Food Package Updates**

**Beginning October 1, 2025**





# Beginning October 1, 2025

## Infant food package 0-5 months

Foods	Fully Breastfed	Mostly Breastfed	Some Breastfed / Fully Formula Fed
0-3 months	n/a	1-4 cans 90 fl oz to 364 fl oz	5-9 cans 365 fl oz to 806 fl oz
4-5 months	n/a	1-5 cans 90 fl oz to 442 fl oz	6-10 cans 443 fl oz to 884 fl oz

Note: Cans refers to Illinois contract powdered infant formula.



# Infant food package 6-11 months

Foods	Fully Breastfed	Mostly Breastfed	Some Breastfed / Fully Formula Fed
WIC Formula	n/a	1-4 cans 90 fl oz to 312 fl oz	5-7 cans 313 fl oz to 624 fl oz
Infant Fruits & Vegetables	32-4oz jars (128 oz)	32-4oz jars (128 oz)	32-4oz jars (128 oz)
Infant Cereal	16 oz	8 oz	8 oz
Infant Meat	16-2.5 oz jars (40 oz)	n/a	n/a

Note: Cans refers to Illinois contract powdered infant formula



# Infant Cereal

Participant category	Past amount	New amount
Fully breastfed infant	24 oz	16 oz
Mostly breastfed infant	24 oz	8 oz
Some breastfed infant	24 oz	8 oz
Fully formula fed infant	24 oz	8 oz



# Infant Meats

Decrease amount for  
fully breastfed infants  
from 77.5 oz to 40 oz

Infants that are not  
fully breastfed do not  
receive infant meats





# Infant fruits and vegetables

- All infants 6-11 months will receive 128 ounces (32-4oz containers) of jarred fruits and vegetables as part of the core food package.
- Starting at 6 months, families can substitute jarred fruits and vegetables for a Cash Value Benefit (CVB) to buy **fresh**, **canned**, or **frozen** fruits and vegetables
  - 64 oz jarred (half amount) for \$11
  - 128 oz jarred (full amount) for \$22



# Mid-Cert Assessment

## Mid-Certification Assessment Screen (IFF)

Date 8/19/2025

**Hx** \* 1. Has the baby's health changed in the last few months?

**Hx** \* 2. How do you feel the baby is growing?

**Hx** \* 3. How do you feel the baby is eating?

**Hx** 4. Is your baby drinking?

☐ Water ☐ 100% juice ☐ Other

**Hx** 5. How does the baby feed himself/herself?

**Hx** 6. Has the baby started? Check all that apply.

☐ Baby cereal ☐ Strained baby meats ☐ Mashed beans  
☐ Baby vegetables ☐ Eggs ☐ Table/finger foods  
☐ Baby fruits ☐ Yogurt ☐ Other

**Hx** 7. Does the baby eat with the rest of the family? ☐ Yes ☐ No

**Hx** 8. What do you do if the baby doesn't try/eat a new food you've offered?

**Hx** 9. Does your family have enough food? ☐ Yes ☐ No



# Education

Developmental  
readiness

Safe food  
preparation

Storage  
techniques

Feeding  
practices





# Look at me now!

Infants 6 – 12 months

WIC offers the option of fresh, frozen, or canned fruits and vegetables to babies 6 months and older

## I may be ready for solid foods when:

- I can sit up alone or with little support
- I open my mouth when a spoon is approaching
- I bring objects to my mouth
- I try to grasp small objects, such as toys or food
- I transfer food from the front to the back of the tongue to swallow rather than pushing it back out

**Keep it clean** – Always start by washing your hands, and then baby's hands. Then wash any fresh fruits and vegetables that are being prepared.

**Safe seating** – Place baby in an upright, sitting position and then join baby to eat; baby will enjoy learning from you.

**Keep foods plain** – Baby does not need added salt, sugar, sauces, or artificial sweeteners.

**Feed baby from a bowl, not the jar or pouch** – Germs from his mouth can spoil the food. Throw out any food that a spoon from baby's mouth has touched.

**Leftover foods** – Refrigerate leftover food as soon as baby is finished eating. Throw away any unused leftovers after 2 days.

**Hold the honey** – Honey can contain bacteria that could cause serious illness in baby.

**Cook the tough ones** – Hard fruits and vegetables should be cooked until soft.

TIPS FOR SAFE  
FEEDING

Please be patient with me –  
learning to feed myself can be messy!

## I am NOT ready to eat these foods because I could choke

- Hard, Raw Fruits & Vegetables: apples, carrots, celery
- Whole Small Fruits: grapes, cherries, large berries
- Dried Fruits: raisins, dried cranberries
- Large, Tough Pieces of Food: hot dogs, chunks of cheese, meat or apple
- Crunchy or Hard Food: nuts, popcorn, potato chips
- Sticky or Thick foods: spoonfuls of peanut butter, marshmallows

## Foods I may be able to feed myself:

- Diced, well-cooked eggs
- Soft, chopped cooked or heated meats
- Soft chopped fruits
- Soft or cooked diced vegetables
- Cut whole wheat pasta
- Small strips of whole wheat tortilla
- Cooked brown rice
- Infant cereal or baby foods loaded onto a spoon

## SAMPLE MENU

Age	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
6-9 Months	Human milk or 4-8 oz formula	Iron fortified infant cereal, Human milk or 4-6 oz formula	Pureed, soft canned, or soft-cooked vegetable or fruit	Human milk or 4-8 oz formula	Baby food or mashed meats, Human milk or 4-6 oz formula	Human milk or 6-8 oz formula
9-12 Months	Whole wheat toast strips, diced hard-boiled egg, and halved fresh blueberries. Human milk or 4-6 oz formula	Cheerios with carrot baby food and cup of water.	Cottage cheese, soft diced peaches, and steamed peas. Human milk or 4-6 oz formula	Yogurt with sliced banana and cup of water.	Meatloaf, mashed potatoes, and green bean baby food. Human milk or 4-6 oz formula	Human milk or 4-6 oz formula

This institution is an equal opportunity provider.





# Changes to WIC Infant Foods

Desktop Reference

Effective October 2025



The USDA made changes to infant foods-reducing the amount of infant cereal and infant meats and allowing the option of an increased amount of Cash Value Benefit (CVB) starting at 6 months.

## Formula Fed Infants



## Fully Breastfed Infants



AGE	FULLY BREASTFED	PARTIAL BREASTFED (Mostly)	FULL FORMULA OR PARTIAL BREASTFED (SOME)
0-3 Months	WIC Provides Breastfeeding Support	1 to 4 Cans Formula	5 to 9 Cans Formula
4-5 Months		1 to 5 Cans Formula	6 to 10 Cans Formula
6-11 Months	16 Jars Infant Meat 16 oz Infant Cereal 32 Jars Infant Foods	1 to 4 Cans Formula 8 oz Infant Cereal 32 jars Infant Foods	5 to 7 Cans Formula 8 oz Infant Cereal 32 jars Infant Foods

Families with infants over 6 months can trade half or all the jarred infant fruits and vegetables for a Cash Value Benefit. The CVB can be used to purchase fresh, frozen, or canned fruits and vegetables.

### Trade half or trade all



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# STANDARD INFANT FOOD PACKAGES

STAFF DESKTOP REFERENCE



Age	Food	Fully Breastfed	Partial Breastfed (Mostly)	Full Formula/Partial Breastfed (Some)
0-3 months	Human Milk and/or Formula	No Formula	1 to 4 Cans Powder Formula	5 to 9 Cans Powder Formula
4-5 months	Human Milk and/or Formula	No Formula	1 to 5 Cans Powder Formula	6 to 10 Cans Powder Formula
6-11 months	Human Milk and/or Formula Infant Meats Infant Cereal	16, 2.5 oz Infant Meats 16 oz Infant Cereal	1 to 4 Cans Powder Formula 8 oz Infant Cereal	5 to 7 Cans Powder Formula 8 oz Infant Cereal
Starting at 6 months and after assessment, jarred infant F/V can be substituted for a CVB to purchase fresh, frozen or canned F/V at the following amounts:		32 containers of infant fruit/vegetables, 4 oz each (total 128 oz) or 16 containers of infant fruit/vegetables, 4 oz each (total 64 oz) AND \$11 CVB or No Jars AND \$22 CVB		

Resources: NPS Breastfeeding, IL WIC Policy & Food Package Tables for further guidance

This institution is an equal opportunity provider.

## CPA Desktop References



# Changes in IWIC

## Fully Breastfed Infant

**Current**

Description	Effect Date	End Date
INFANT, FULLY BREASTFED, 0-5 MONTHS (FP I)	09/11/2024	03/03/2025
INFANT, FULLY BREASTFED, 6-8 MONTHS FNS ...	03/04/2025	06/03/2025
Custom - INFANT, FULLY BREASTFED, 9-11 MO...	06/04/2025	09/03/2025

**New**

Description	Effect Date	End Date
INFANT, FULLY BREASTFED, 0-5 MONTHS (FP I)	04/09/2025	09/30/2025
INFANT, FULLY BREASTFED, 6-11 MONTHS FNS PACKAGE II-BF	10/01/2025	03/31/2026



# Change in IWIC

## Partial Breastfed & Fully Formula Infant

Current

Description	Effect Date	End Date
Custom - INFANT, FULLY FORMULA, 0-3 MONT...	09/04/2024	12/28/2024
Custom - INFANT, FULLY FORMULA, 4-5 MONT...	12/29/2024	02/27/2025
Custom - INFANT, FULLY FORMULA, 6-8 MONT...	03/05/2025	05/28/2025
Custom - INFANT, FULLY FORMULA, 9-11 MONT...	05/29/2025	08/28/2025

New

Description	Effect Date	End Date
Custom - INFANT, FULLY FORMULA, 0-3 MONTHS FNS PA...	08/25/2025	12/17/2025
Custom - INFANT, FULLY FORMULA, 4-5 MONTHS FNS PA...	12/18/2025	02/17/2026
Custom - INFANT, FULLY FORMULA, 6-11 MONTHS FNS P...	02/18/2026	08/17/2026





## Core Food Package

Core Package - INFANT, FULLY FORMULA, 6-11 MONTHS FNS PACKAGE II-FF

Flags

Medical Condition  
Milk (Lactose)  
Milk (Allergy)  
Inadequate Storage

Fish  
Peanut  
Shellfish

Egg  
Wheat  
Treenuts

Soy  
Kosher  
Other

Group Max Tally

FRUITS & VEGETABLES

Maximum: 128  
Allocated: 128  
Remaining: 0

	Food Category	Prescription Max (Units)	Food Item Selected	Quantity	Physical Form
▶	Infant Formula (IF)	7.00	Enfamil Infant Powder	7.00	CTR
	Infant Fruits and Veget...	128.00	Infant Fruits & Vegetables - all authorized	128.00	OZ
	Fruit & Vegetables - Ca...	22.00	Fruits and Vegetables - Cash Value Voucher	0.00	\$\$\$
	Infant Cereal	8.00	Infant Cereal	8.00	OZ

Infant fruits and vegetables substitution does not meet requirements.  
Substitution for CVB must equal half or whole amount of core benefit.

## Tailored Food Package

Core Package - INFANT, FULLY FO

Flags

Medical Condition  
Milk (Lactose)  
Milk (Allergy)  
Inadequate Storage

Fish  
Pean  
Shellf

Accepted amounts are:

- Infant fruits and vegetables 128 oz, CVB \$0
- Infant fruits and vegetables 64 oz, CVB \$11
- Infant fruits and vegetables 0 oz, CVB \$22

Group Max Tally

FRUITS & VEGETABLES

Maximum: 128  
Allocated: 191.91  
Remaining: -63.91

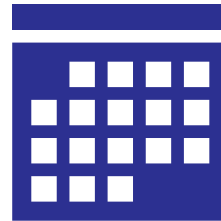
	Food Category	Prescripti Max (Unit		Quantity	Physical Form
	Infant Formula (IF)	7		7.00	CTR
	Infant Fruits and Veget...	128.00	Infant Fruits & Vegetables - all authorized	128.00	OZ
	Fruit & Vegetables - Ca...	22.00	Fruits and Vegetables - Cash Value Voucher	11.00	\$\$\$
▶	Infant Cereal	8.00	Infant Cereal	8.00	OZ

OK

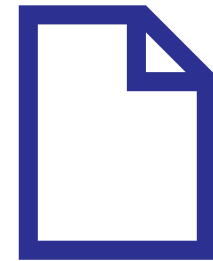
# Talking about infant food packages changes



New food packages are effective October 1<sup>st</sup>, 2025



Share information about the upcoming changes to the WIC food packages if the infant will be 6 months or older in October.



Use the participant handout for families to follow along.



# Things to Know



Food packages **assigned on or before September 30<sup>th</sup>** will be the old food package

Benefits **issued on or before September 30<sup>th</sup>** will be the old food package quantities

Food packages **assigned and issued October 1<sup>st</sup> and after** will be the new food package



# Benefit Issuance Guidance

- **Current** month benefits:
  - Should only be voided and reissued if there is a medical need or breastfeeding category change.
  - Should not be voided and reissued only to receive the new food package.
- **Future** month benefits
  - Can be voided and reissued based on infant assessment, developmental readiness, and education.
- Follow IWIC guidance document *IWIC: Void and Reissue*



# Talking Points

- Beginning October 1st, Infant food packages will be updated.
- WIC is a supplemental program, adjustments to food packages better align with an infants daily nutritional needs.
- Changes include:
  - Tailoring of formula to better meet the breastfeeding dyads needs.
  - Less infant cereal. This change helps WIC offer a more balanced food package while continuing to meet the nutritional needs of your infant.
  - Less jarred infant meats for fully breastfed infants.
  - An option to replace jarred fruits and vegetables with a dollar amount to buy fresh, frozen, and canned fruits and vegetables.
- Continue to issue benefits until next scheduled appointment (typically 3 months)



# Test Your Knowledge

When will updates to Infant Food packages be made in IWIC?

**October 1st, 2025**

Beginning at 6 months & based on developmental readiness, families can choose to substitute  $\frac{1}{2}$  or all the jarred fruits & vegetables for a cash value benefit (CVB).

**TRUE**



# Test Your Knowledge

CPAs should assign the maximum amount of formula allowed each month.

**FALSE - Formula should be issued based on family choice after assessing the dyad's breastfeeding habits, goals, and daily formula intake.**

Food packages assigned 9/30/25 will automatically update to the new packages beginning 10/01/25.

**FALSE - Both assigned food packages and issued benefits prior to October 1st will contain the old food packages and foods.**





# Staff Next Steps

- Review updated SFD Policy Section 7 and addendum (i.e. food package tables)
- Familiarize yourself with assessment and education requirements for CVB fruits and vegetables for infants.
- Review available DHS resources
- Work with peers to:
  - Develop talking points explaining why infant foods have decreased.
  - Share ideas for explaining the CVB fruit and vegetable substitution for 6-month-old infants.



# WIChealth Handouts

## CARING FOR YOUR BABY: When, why, and how to introduce new foods

Human milk or iron-fortified formula is all babies need until they are around 6 months of age. Their tiny bodies are not ready to digest solid foods. Offer solid foods when your baby shows the "6 Signs of Readiness."



## Stage 1: INTRODUCING SMOOTH FOODS

### READY FOR SMOOTH FOODS?

If so, you can offer...

- Pureed meats, fruits, and veggies.
- Breastmilk or infant formula mixed with infant cereal.

LESSON:  
FEEDING YOUR  
INFANT SOLID  
FOODS



LESSON:  
FEEDING YOUR  
INFANT SOLID  
FOODS

Take this lesson to learn to  
safely introduce each stage of  
solid foods:

- STAGE 1: Smooth foods
- STAGE 2: Mashed foods
- STAGE 3: Chopped foods
- STAGE 4: Tiny pieces of food

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category: **Feeding Your 6 To 24-Month-Old**
- Choose the lesson: **Feeding Your Infant Solid Foods**

### GET STARTED:

1

small rubber spoon, a bib  
or yourself), a highchair or

## Stage 2: LEARNING TO EAT MASHED FOODS

### Signs your baby is ready to EAT MASHED FOODS:

- ✓ They have already learned to eat smooth foods. (Stage 1)
- ✓ They can eat well from a spoon and swallow the smooth food that you feed them.
- ✓ They might have more interest in exploring their food by playing with it.

Only offer mashed foods if you can  
check **ALL** the boxes above!

### READY FOR MASHED FOODS?

At this stage, your baby is still getting most of their nutrition from human milk or formula.

### IN ADDITION, YOU CAN OFFER:

➤ Infant cereals, mixed with human milk or infant formula. These can be thicker now.

### ➤ Protein foods

Examples: pureed meats (chicken, beef, lamb), pureed beans, mashed tofu or mashed scrambled eggs.

➤ Only serve your baby cooked eggs. Eggs that are not cooked all the way through or raw eggs can make babies sick.

### ➤ Fruits

Examples: mashed banana, applesauce, pears, peaches, prunes, apricots, blueberry, or mango.

### ➤ Vegetables

Examples: mashed cooked carrots, squash, sweet potato, peas, green beans, or avocado.

➤ Unsweetened whole fat yogurts.  
\*You can mix yogurt with mashed fruits.

## Stage 3: GETTING STARTED WITH CHOPPED FOODS

### Signs your baby is ready to EAT CHOPPED FOODS:

- ✓ Your baby has already learned to eat smooth foods (Stage 1) and mashed foods (Stage 2).
- ✓ Your baby is making chewing motions.
- ✓ They can pick up food with their fingers. They may drop it. They are still practicing.
- ✓ They have control over chewing and

LESSON:  
FEEDING YOUR  
INFANT SOLID  
FOODS

### Ready for chopped foods?

Your baby may start to show less interest in human milk or formula now. But, human milk and/or infant formula is still very important to their overall growth and development.

## Stage 4: READY FOR TINY PIECES OF FOOD

### Signs your baby is ready to EAT TINY PIECES OF FOOD:

- ✓ Your baby has already learned to eat smooth foods (Stage 1), mashed foods (Stage 2), and chopped foods (Stage 3).
- ✓ They can easily pick up food with their fingers.
- ✓ They have control over putting food in their mouth.
- ✓ They are eager to use their spoon.

Only offer tiny pieces of food if you can  
check **ALL** the boxes above!

### READY FOR TINY PIECES OF FOOD?

#### YOU CAN OFFER:

\* Breastmilk and/or infant formula.  
Your baby will slowly start to choose solid food over wanting breastmilk or formula at this stage.

After your baby turns 1 year old, you can introduce whole cow's milk to their diet. You can also continue to provide breastmilk to your child.

\* SMALL BITS OF FOOD: Be sure to cut up food into tiny pieces and cook to soften.

\* Make sure **ALL FOOD IS SOFT** so your baby can mash with their gums and safely chew and swallow it.

\* Most foods are on the menu! However, **DO NOT GIVE** the following to babies younger than 12 months old:

- ✗ honey
- ✗ cow's milk
- ✗ goat's milk
- ✗ rice milk
- ✗ soy milk

WHAT TO  
EXPECT  
They may choose to eat more finger food rather than being spoon-fed.

\* Continue introducing new foods **ONE AT A TIME** to check for food reactions.

# Thank You

Please contact your Regional Nutritionist Consultant with additional questions.

