

Food Introduction Record

Purpose and Procedure

There are many ways parents and caregivers begin to feed their babies solid or complimentary foods. The staff should work closely with parents and caregivers to stay informed about each baby's progression of solid food acceptance. The *Food Introduction Record* identifies specific foods in each category that a child has already tried at home, any specific considerations and/or accommodations needed, and food texture requirements. It is a communication tool between the parent, EHS staff, and food service in order to plan, purchase, and prepare foods based on the individual nutritional and developmental needs of each child.

When to complete

- Begin at enrollment and update at least monthly or more often as needed, starting from the time the baby begins to eat complimentary foods.
- After a child is eating a wide variety of table foods (at 12 months or later) the parent/caregiver may refer to the menu to identify items the baby cannot eat or continue using the Food Introduction Record as needed or preferred by the parent.

Who completes

Family Educator, Family Support Specialist, Home Visitor, Teacher/Assistant Teacher, Family Advocate, and parent.

Where to post the most updated copies

- Food Progression Notebook or easily accessible location in area of infant and toddler food preparation
- Food Service/Kitchen

Following parent/caregiver guidelines for introducing complimentary or solid foods is most important.

Other considerations include:

- Offer foods that have been successfully offered at home first EXCEPT honey and juice for children under 12 months.
- Foods must not require chewing or be a choking hazard.
- It is OK if baby rejects a food. Offer another food or stop the feeding.
- Feed according to the baby's cues, not a set amount of food.

Ellyn Satter Institute, How to Feed Children. <http://ellynsatterinstitute.org/htf/howtofeed.php>

Food Introduction Record

Child's Name: _____ Date of birth: _____ Center/Site: _____

Special Considerations/Accommodations: _____

Type of Milk: Breast Milk Whole Milk Soy Milk
 Formula (type) _____ Other _____

Bottle Type: _____ Nipple Type: _____

How often and how much [see Health History (0-12 months)] _____

Check the foods your child has already tried at home and can be served at Early Head Start. Update as needed.

Fruits

- Apple
- Applesauce
- Apricots
- Avocados
- Banana
- Blueberries
- Cantaloupe
- Honeydew
- Mango
- Papaya
- Peaches
- Pineapple
- Plums
- Prunes
- Satsuma
- Starfruit
- Strawberry
- Watermelon
- Other: _____

Beverages in a Cup

Juice is not served to babies under 12 months.

- Water
- Formula
- Breast milk
- Other (per health care provider order) _____

Vegetables

- Broccoli
- Cauliflower
- Carrots/Cabbage
- Garden vegetables
- Green beans
- Kale
- Peas
- Spinach
- Snow Peas
- Winter Squash
- Sweet potatoes
- Zucchini
- Yellow Squash
- Other: _____

Meats / Proteins

- Beef
- Chicken
- *Fish
- *Tuna fish
- Turkey
- Pork / Ham
- Lamb
- Lunch Meat
- Cheese
- Cottage Cheese
- Eggs
- Legumes/Beans
- Other: _____

Infant Cereal

- Barley
- Malted meal
- Millet
- Mixed cereal
- Oats
- Rice
- Wheat
- Other: _____

Grains

- Animal crackers
- Arrowroot biscuits
- Bagels
- Bread/toast
- Dried Cereal: _____
- Crackers: _____
- Graham crackers
- Nann
- Corn/Flour
- Tortillas
- Puffs
- Zwieback
- Other: _____

My child eats (circle all that apply)

- Pureed baby foods
- Fork-mashed or ground table foods
- Soft, cut-up table foods
- Finger food

To update this list, check the new foods above after they are introduced at home. Indicate any changes in breastfeeding or bottle feeding. Add initial and date next to each newly added food.

Parent/Guardian completing form: _____ Date: _____