

Commercial Infant Foods

This is a chart reprinted from a past newsletter. The information is timely, so we thought it was worth another look. ☺

Name of Food	Qualifies? Yes/No
Iron Fortified Infant Cereal 	YES!
Meats (with gravy) 	YES!
Infant Fruits or Vegetables 	YES!
Infant Dinners 	NO!
Jarred Cereal, Cereal with Fruit or DHA Added Cereals 	NO!
Purees with DHA 	NO!
Fruit Desserts and Tropical Desserts 	NO!

Also: Do NOT serve peanut butter, nuts, seeds, infant meat sticks, fish sticks, nuggets, patties, canned fish with bones, hot dogs, frankfurters, corn dogs and sausages; electrolyte drinks, milk (cow or goat), honey (raw or cooked in products ~ Honey Graham Crackers are included) because honey contains Botulinum spores that can cause poisoning in infants.

Commercial Meat Products

Many meat products on the market today may not contain enough meat product to count for the meal pattern guidelines. We look for product formulation sheets or CN labels to qualify the product. It may surprise you, which products need CN labels or product sheets to qualify (we ask for these at the home visit).

Cheese: Cheese, processed cheese and cheese food usually does not need a CN label. However, Kraft Singles is a cheese product, as stated on the label. Cheese products do not qualify, and meals or snacks containing Kraft Singles will be deducted.

Hot dogs/Frankfurters, bologna, luncheon meats (turkey, beef, chicken, pork) **and Vienna sausage** are all creditable when 100% all meat. Watch labels for all meat products, free of byproducts, cereals, binders or extenders. If they are CN labeled, they are creditable!

CN Labels Required!

The following products must be CN labeled or have a product formulation statement to credit towards the meat/meal alternate:

- Meat sticks or summer sausage
- Pepperoni
- Polish Sausage
- Salami
- Liverwurst

We found Tyson and Hormel brands carry a CN labeled pepperoni meat product. Of course any combination commercial item must be CN labeled. Look for CN Labels on chicken nuggets, chicken strips, pot pies, corn dogs, pizza, lasagna, etc Check your labels!

SPAM! Dana Kraft, our provider from Inver Grove Heights sent us a product formulation sheet from Hormel, the manufacturers of Spam. Through the years, we have been receiving conflicting information regarding Spam. After checking the product sheet with the Minnesota Department of Education, we now know that one 12 ounce can of Classic Spam will serve 5 preschoolers (each child needs 2.4 ounces of Spam to receive the minimum 1.5 ounces of meat – limit to once or twice per month as that size portion becomes high in salt and fat). Thank you for sending this to us, Dana.

Papa Murphy's Take n' Bake Pizza

Most Papa Murphy's pizza crusts are enriched. Therefore, if you want to purchase and serve Papa Murphy's, send us your receipt so we can verify the pizza has enriched crust. The crust is the **ONLY** creditable portion of the pizza. You must include meat alternate and two fruit/vegetables when serving and claiming Papa Murphy pizzas.