

INFANT SOLID FOOD COMMUNICATION FORM

*Please update as additional foods introduced AND tolerated at home.

Child's Name _____ Parent's Name(s) _____

Please date and initial next to each food below allowing these foods to be served at childcare

Please note that it is strongly encouraged that you have tried the food at home with you child several times before starting the food at childcare.

FRUITS	VEGETABLES	GRAINS	MEAT/ MEAT ALTERNATES	MILK	OTHER
_____ Apples-fresh	_____ Asparagus	_____ Iron Fortified	_____ Beans	_____ Milk/Whole	
_____ Applesauce	_____ Avocado	_____ Infant Cereal	(black, pinto, etc)	(after 1 st birthday)	
_____ Bananas	_____ Beets	Circle: Oatmeal Rice Multigrain	_____ Beef		
_____ Blueberries	_____ Broccoli		_____ Chicken		
_____ Cantaloupe	_____ Carrots	_____ Bread	_____ Cheese		
_____ Honeydew	_____ Cauliflower	_____ Bagel	_____ Cottage Cheese		
_____ Kiwi	_____ Celery	_____ Crackers	_____ Eggs		
_____ Mango	_____ Cucumber	_____ Dry Cereal	_____ Fish		
_____ Mandarin Oranges	_____ Green Beans	_____ English Muffin	_____ Hummus		
_____ Oranges	_____ Kale	_____ French Toast	_____ Nutbutters		
_____ Peaches	_____ Peas, green	_____ Granola	_____ Peanut Butter		
_____ Pears	_____ Peas, Snap	_____ Muffins	_____ Pork/Ham		
_____ Pineapple	_____ Potatoes	_____ Oatmeal	_____ Salmon		
_____ Plums	_____ Peppers, Bell	_____ Pasta/	_____ Tuna		
_____ Raspberries	_____ Spinach	_____ Noodles	_____ Turkey		
_____ Strawberries	_____ Swt Potatoes	_____ Pancakes	_____ Yogurt		
_____ Watermelon	_____ Squash	_____ Pretzels			
	_____ Tomatoes	_____ Quinoa			
	_____ Zucchini	_____ Rice			
		_____ Tortillas			
		_____ Tortilla Chips			
		_____ Waffles			

Textures OK to be served:

- Pureed Baby Foods Only Mashed Food Table Food

Additional Information regarding diet you feel would be helpful:



This institution is an equal opportunity provider.