



Rhode Island Department of Human Services

All Providers: Infant & Toddler Feeding Plan

Updated 08/2026

Important Information

As required by 218-RICR-70-00-1 § 1.10(A)(3): "A feeding plan is established and followed for each Infant and Toddler prior to admission." This document supports the child-file requirement at § 1.13(F)(8)(b) ("habits of feeding, foods used, and a schedule for introducing new foods") and may be adapted to also satisfy USDA CACFP infant meal pattern documentation.

Child and Program Information

Child's Name:		Date of Birth:	
Program Name:		Classroom/Group:	
Parent/Guardian Name:		Phone/Email:	
Age Group (check one)	☐ Younger Infant (6wks-12mo) ☐ Older Infant (12-18mo) ☒ Toddler (18-36mo)		
Plan Status:	☐ New Plan (prior to admission) ☐ Updated Plan-replaces version dated:		
Date Plan Completed:		Next Scheduled Review:	

Breastmilk/Formula Feeding (complete for infants)

☐ Breastmilk only ☐ Formula only ☐ Combination ☐ Not applicable — child is fully weaned

Formula Brand/Type:		Mixing Instructions:	
Typical Amount per Feeding:		Typical Feeding Times:	

Feeding approach (check one):

☐ Feed on cue — watch for hunger/fullness signs (describe below) ☐ Follow a set schedule (times listed above)

Child's hunger cues:	☐ Puts hands to their mouth ☐ Clenches their hands ☐ Cries ☐ Rooting ☐ Opens and closes mouth ☐ Smacks or lick lips ☐ Reaches or points to food ☐ Other Explain: _____
Child's fullness cues:	☐ Closes their mouth ☐ Relax their hands ☐ Pushes food away ☐ Hand motions or sounds ☐ Turns head away from food ☐ Other Explain: _____

Bottle Preparation & end-of-day handling

☐ Parent/guardian supplies clean, labeled bottles daily ☐ Program prepares formula/bottles on site



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☐ Return unused/unfinished milk or formula to parent at pickup ☐ Discard unused/unfinished milk or formula at pickup

Note: bottles are never propped or placed in a crib (§ 1.10(A)(5)); microwaves are never used to warm bottles or food (§ 1.10(A)(6)).

Introduction to Solid Foods & New-Food Schedule

☐ Child has not yet started solid foods ☐ Child has started solid foods (complete table below)

Food introduced	Date First Given	Reaction Observed	Approved for Program

Program policy: new foods are introduced at home first by the parent/guardian; foods are only served in care once listed and approved above, consistent with the child's individualized schedule for introducing new foods.

Foods to AVOID (not yet introduced, choking hazard for this child's stage, or restricted):

Self-Feeding & Mealtime (Toddlers and transitioning Infants)

☐ Bottle/breast only ☐ Spoon-fed by staff ☐ Beginning finger foods ☐ Using open cup ☐ Using utensils independently

Seating/Equipment Notes:

Textures to Avoid (choking risk):

Other mealtime notes (pacing, portion size, comfort item, positioning)



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Acknowledgment & Signatures

This feeding plan has been reviewed and agreed upon by the parent/guardian and program staff. It will be kept in the child's file and followed by all staff, including substitutes, until revised in writing.

Parent/Guardian Signature:		Date	
Staff/Teacher Signature:		Date	
Program Leadership Signature:		Date	



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WHAT RHODE ISLAND REGULATIONS REQUIRE FOR FEEDING IN CHILD CARE

A plain-language guide for parents and guardians

Share this page alongside your child's individual Feeding Plan.

Every infant and toddler has an individual feeding plan

- A written feeding plan is completed with you before your child's first day and kept in their file.
- The plan is updated whenever something changes — a new food, a new schedule, a change in formula, or a move to a new classroom.
- Your child's file also tracks their feeding habits, foods they've had, and the schedule for trying new foods.

Bottles, breastmilk & formula

- Bottles are never propped and never placed in a crib with your child.
- Only BPA-free plastic or glass bottles are used, and microwaves are never used to warm bottles or food.
- All bottles, breastmilk, and formula are labeled with your child's name.
- Formula is mixed and served exactly according to the manufacturer's instructions.
- Any unused, prepared breastmilk or formula is sent home or discarded at the end of the day — it is never saved for reuse.

Introducing solid foods

- Infants who aren't ready to self-feed are held and fed one-on-one by a staff member.
- Staff never force your child to eat.
- New foods are introduced according to your child's individual schedule, developed with you.

Meals & nutrition standards

- All meals and snacks meet USDA Child and Adult Care Food Program (CACFP) nutrition standards.
- No sugary or artificially sweetened drinks, soda, or flavored milk are served.
- Your child has the chance to eat at least every 3 hours.
- If juice is served, it's 100% fruit juice, offered only at meal/snack time, and never given to infants under 12 months.
- Weekly menus are planned and posted; water is freely available all day, especially around outdoor play.
- On special occasions (no more than twice a month), treats that don't meet nutrition standards may be offered in addition to — not instead of — required meals and snacks.

Food allergies & special nutrition needs

- If your child has a food allergy or special nutrition need, the program will ask you for a care plan from your child's health care provider.
- The program takes steps to protect your child from contact with their allergen(s).
- You choose whether allergy information is posted in food-prep and classroom areas. If you'd rather it not be posted, it's still shared verbally with every relevant staff member, including substitutes, and documented in your child's file.

Mealtime practices you can count on



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- Food is never used as a punishment or reward — the only exception is if it's specifically part of your child's IEP/IFSP.
- Your child is never compelled to eat or have soap, food, spices, or foreign substances put in their mouth as discipline.
- A staff member sits with children during meals/snacks to model good mealtime behavior.
- A choke-saving poster is displayed in every area where children eat, visible to the staff sitting with them.

How you'll stay informed

- You'll receive written nutrition guidelines when your child enrolls.