**LOGO** 

# Study on Nutrition and Activity in Child Care Settings (SNACS)

## **Infant Food Intake**

Child Care Center ID

**Target Week** 

Caregiver Initials: \_\_\_\_\_

According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-XXXX .The time required to complete this information collection is estimated to average 10 minutes per infant (for an estimated total of 50 minutes per infant care provider), including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

**About the Study.** The Study on Nutrition and Activity in Child Care Settings is intended to study nutrition and activity in child care centers, family day care homes, afterschool programs, and at-risk programs participating in the Child and Adult Care Food Program (CACFP) and some not participating in the CACFP. More than 1,500 child care providers in over 20 states were selected to be part of the study. Abt Associates is conducting this study for the USDA Food and Nutrition Service (FNS).

**About this Booklet.** This booklet is to be filled out by the infant care provider, and will be used to collect information about the foods and beverages consumed by up to three infants for one day, and the time of each feeding while in the provider's care. This includes foods brought in from home as well as prepared at the center. The infant care provider will receive \$5 for completing the form for each sampled infant.

**Protecting Privacy.** All information gathered from child care sponsors, child care centers, family day care homes, child care administrators and staff, and families participating in this study is for research purposes only and will be kept private to the full extent allowed by law. Responses will be grouped with those of other study participants, and no individual participants, program administrators, program staff, parents, or children will be identified in any study report.

**Questions.** If you have any questions about the study please call our toll-free study number at 1-844-808-4777 or email SNACS@abtassoc.com. We will be happy to answer your questions and to help you in any way we can.

Thank you for participating in the Study on Nutrition and Activity in Child Care Settings.

# Tab 1 Instructions

### **INSTRUCTIONS**

Please use this form to record all the foods, drinks, formula, and/or breast milk you served to the infants being observed while he/she is in your child care facility on the day noted on the front cover. Please be sure to include anything brought in from home by the parent or guardian that was served to the infant.

### **USE ONE BOOKLET FOR THREE INFANTS:**

<u>One booklet</u> should be used to record the intake of up to <u>three infants</u> on **one day**. Each infant care provider will receive one booklet to record information for these three infants. Write the name of the infant on each separate form, found on **Tabs 4**, **5 and 6**.

## This booklet contains:

- **TAB 1**: Instructions
- TAB 2: Measurement Guide
- TAB 3: Example of a completed Infant Intake Form
- **TAB 4:** Infant Intake Form Infant 1
- **TAB 5:** Infant Intake Form Infant 2
- **TAB 6:** Infant Intake Form Infant 3

Each infant should be recorded in a separate tab (space for 3 infants is provided)

#### HOW TO FILL OUT THIS BOOKLET

Fill out the information at the top of the form: Date, Day of the Week, Infant Name, Infant Birthdate, Age Group of Infant, and Gender. When selecting the age group, keep in mind the age groups are as follows:

- Birth through 3 months
- 4 through 5 months
- 6 through 7 months
- 8 through 11 months

For example, you would circle 6 - 7 months for an infant who is 7.5 months old.

Then follow the instructions at the top of each column:

## **Time of Feeding**

• Write down the time you started each feeding, including a.m. or p.m. This will help you keep track of the feedings you have recorded.

## What Did You Serve or Feed (to the Infant)?

- For each feeding, write down everything you fed to the infant, including formula, breast milk, solid foods (including purees and blended/mashed foods), snacks, and any other drinks. Use a separate row for each food or beverage.
- If you serve juice, please indicate if it is 100% juice in the "What did you serve or feed" column. *Please see the last row of the example form.*
- Check the box to indicate whether the food or drink was **brought from home** or **prepared in the center.**
- Please also list any time the mother comes to the center and nurses the infant being observed in the center. You can indicate this by selecting the checkbox labeled "mom nursed" in the "What did you serve or feed" column.
  - O Do not worry about recording the amount of breast milk consumed during nursing sessions. Simply write "N/A" for not applicable in the last column.

    Please see the first row of the example form.

#### How Much Did the Infant Eat or Drink?

• Write down how much of each item the sampled infant ate or drank.

## If you use standard measuring tools:

- For **liquids** (formula, breast milk, water, juice, whole milk, and any other liquids or drinks), record amount eaten in fluid ounces. Do NOT record liquids in numbers of cups. For example, write "4 fl. oz." NOT "1/2 cup"
- For foods, use standard measures such as "1 Tablespoon". Do NOT use nonstandard measures such as "two bites".
- For certain foods such as a banana or apple, you may write how much the child ate from the whole fruit, such as "½ apple" then fill in the blank next to the last check box by writing "whole" for the unit of measure. You can write the word "piece" or "whole" in the blank space.

Office Use Only	Time of Feeding	What did you serve or feed? Use one line for each food or drink. (List all formula, breast milk, foods and drinks)			w much did th lude units: Flui teaspoons (tsp	If you used the Measurement Guide to estimate amount consumed, check box. Measurement Guide?	
5	12:00рт	Banana, mashed □ Mom nursed	✓ From home  □ From provider	1/4	□ Cups □ tsp □ TB ☑ <u>whole</u>	□ FL OZ	

- Write down the number or fraction of teaspoons, tablespoons, ounces or cups.
- Below is a list of conversions for your convenience.
  - O 8 fluid Oz = 1 cup
  - O 3 level teaspoons (tsp) = 1 level Tablespoon (TB)

## If you do not use standard measuring tools:

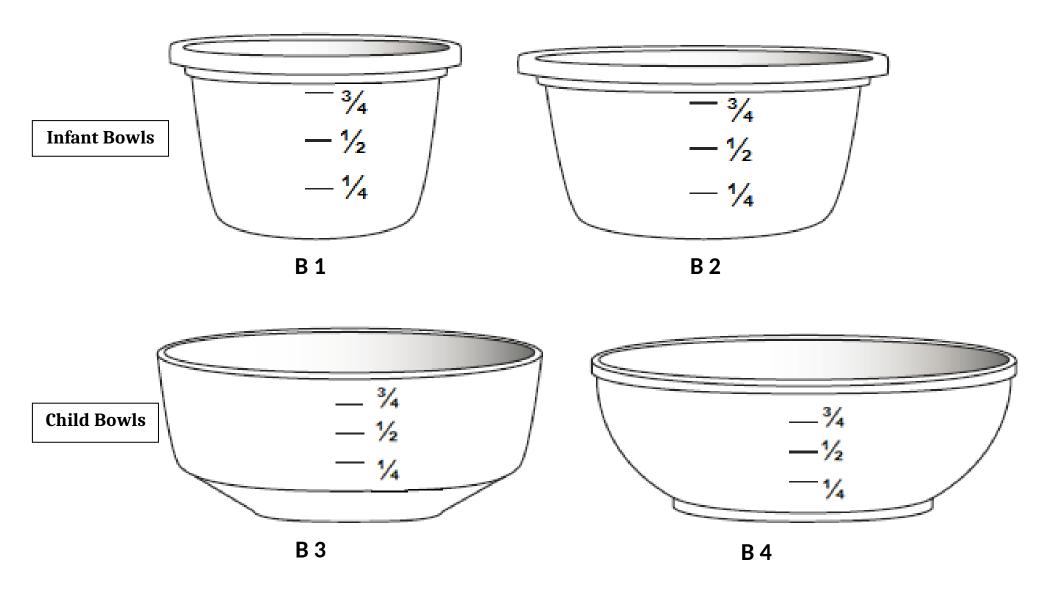
- Use the images found on the following pages to estimate how much the infant ate or drank
- Indicate which serving dish was used (bowl, cup, spoon) by writing the code found beneath the image (B1, B2, B3, B4, C1, C2, S1, S2, S3, S4)
- Estimate how much was eaten (None,  $\frac{1}{4}$ .  $\frac{1}{2}$ ,  $\frac{3}{4}$ , All); for spoons, indicate whether the spoonful was mounded or not

Add a checkmark to the final column of the Infant Intake Module Form to indicate that you used the Measurement Guide to approximate the amount consumed.

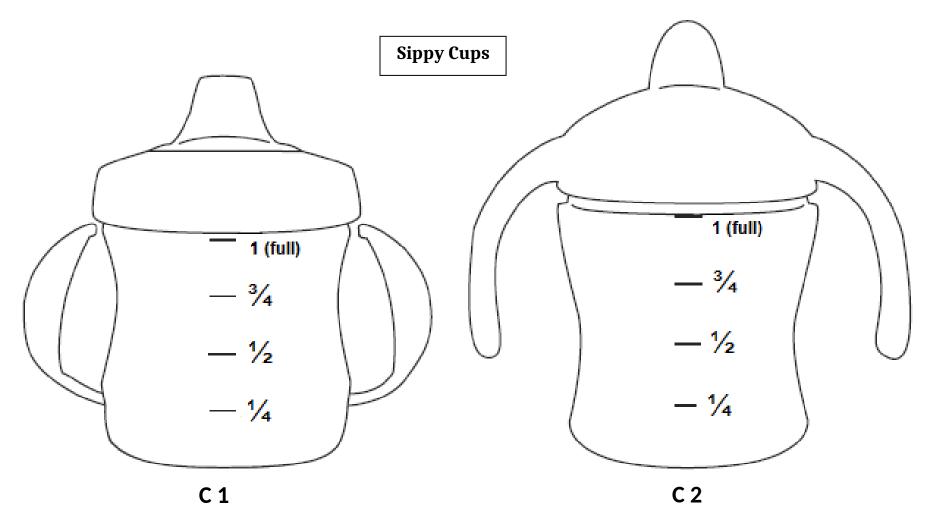
Office Use Only	Time of	What did you serve or feed? Use one line for each food or drink. (List all	How much did the (Include units: Fluid teaspoons (tsp),	ounces (FL ( Tablespoons	OZ), cups, s (TB)	If you used the Measurement Guide to estimate amount consumed, check box.	
Only	Feeding	formula, breast milk, foods and drinks)	Food	DIIIIK/D	everage	Measurement Guide?	4.
7	3:00рт	100% Juice : Apple ☐ From home ☑ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	½ C1	□ FL OZ	<b>✓</b>	].

# Tab 2 Measurement Guide

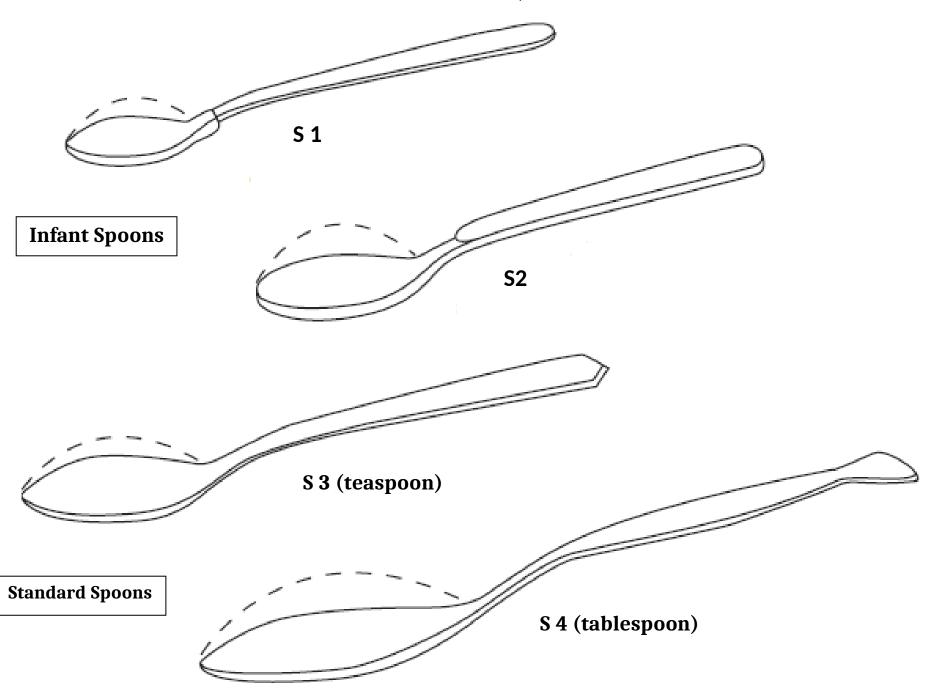
## **Measurement Guide**



## **Measurement Guide, continued**



## Measurement Guide, continued



If you have any questions, please talk with the study team member that is at your program today. If you are unable to talk with the study team member while they are onsite, please call (toll-free) Abt Associates at 1- 844-808-4777 or email Abt Associates at SNACS@abtassoc.com.

Thank you very much for your help with this important study.

Tab 3

Example of a Completed Infant Intake Form

Today's	Date:	 	

Child ID #:	ı	I	ı	I	I	 ĺ
CHIIU ID #.	l		l			 ı

Day of the Week (Please circle one): MON

TU	ES

WED

HURS FF

## **INFANT FOOD INTAKE FORM**

Name of infant:	<u>Jackson Smith</u>	Birtho	late of infant: $_{}9$	<u>/25/15</u>	Gender (circle one): M	(F)
Age of Infant (plea	ase circle one):	0 – 3 months	4 – 5 months	6 – 7 months	8 months through 11 m	nonths

Office			serve or feed?	How much did the infant eat or drink? (Include units: Fluid ounces (FL OZ), cups, teaspoons (tsp), Tablespoons (TB), or other				If you used the Measurement Guide to estimate amount consumed, check box.
Use Only	Time of Feeding	Use one line for each food or drink. (List all formula, breast milk, foods and drinks)		ı	Food Drink/Beverage			Measurement Guide?
1	8:00am	Breast milk  ☑ Mom nursed	☐ From home ☐ From provider		☐ Cups ☐ tsp ☐ TB	N/A	□ FL OZ	
2	10:00am	Apple Sauce  ☐ Mom nursed	☐ From home ☑ From provider	2	□ Cups □ tsp ☑ TB		□ FL OZ	
3	12:00pm	Oatmeal	☐ From home ☐ From provider	1/4	<ul><li>✓ Cups</li><li>□ tsp</li><li>□ TB</li><li>□</li></ul>		□ FL OZ	
4	12:00pm	Breast milk  Mom nursed	<ul><li>✓ From home</li><li>☐ From provider</li></ul>		□ Cups □ tsp □ TB □	5	☑ FL OZ	
5	12:00pm	Banana, mashed □ Mom nursed	<ul><li>✓ From home</li><li>☐ From provider</li></ul>	1/4	□ Cups □ tsp □ TB ☑ <u>whole</u>		□ FL OZ	
6	3:00pm	Breast milk  Mom nursed	<ul><li>✓ From home</li><li>☐ From provider</li></ul>		□ Cups □ tsp □ TB □	6	☑ FL OZ	
7	3:00pm	100% Juice : Apple  ☐ Mom nursed	☐ From home ☑ From provider		☐ Cups ☐ tsp ☐ TB ☐	⅓ C1	□ FL OZ	✓

Tab 4
Infant Intake Form—Infant 1

OMB Control No: 0584-XXXX OMB Approval Expiration Date: XX/XX/XXXX

## **INFANT FOOD INTAKE FORM**

**Infant 1** 

Today's Date:						I
Today S Date.	Day of the Week (Please circ	ele one): MON	TUES	WED	THURS	FRI
	INFANT FOOD INTAKE FORM					
Name of infant:	Birthdate of infant:	Gender (ci	rcle one)	: M	F	

6 – 7 months

8 months through 11 months

Age of Infant (please circle one): 0-3 months 4-5 months

Office Use	Time of	What did you serve or feed?	(Include units: Flui	ne infant eat or drink? id ounces (FL OZ), cups, ablespoons (TB), or other	If you used the Measurement Guide to estimate amount consumed, check box.
Only	Time of Feeding	Use one line for each food or drink. (List all formula, breast milk, foods and drinks)	Food	Drink/Beverage	Measurement Guide?
1		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	
2		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
3		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
4		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
5		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
6		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
7		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	

## **INFANT FOOD INTAKE FORM continued**

Office	Time of	What did you serve or feed?	(Include units: Flu	he infant eat or drink? id ounces (FL OZ), cups, ablespoons (TB), or other	If you used the Measurement Guide to estimate amount consumed, check box.
Use Only	Time of Feeding	Use one line for each food or drink. (List all formula, breast milk, foods and drinks)	Food	Drink/Beverage	Measurement Guide?
8		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
9		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
10		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
11		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
12		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
13		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
14		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
15		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	

Office Use	Time of	What did you serve or feed?	(Include units: Fluid	e infant eat or drink? I ounces (FL OZ), cups, plespoons (TB), or other	If you used the Measurement Guide to estimate amount consumed, check box.  Measurement
Only	Feeding	Use one line for each food or drink. (List all formula, breast milk, foods and drinks)	Food	Drink/Beverage	Guide?
16		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB ☐	□ FL OZ	
17		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
18		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	
19		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
20		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	
21		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	
22		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
23		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB	□ FL OZ	
24	fort Food late	☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB	□ FL OZ	

The Infant Food Intake Form was adapted from the Infant Food Intake Record used in the Early Childhood and Childcare Study and the Childcare Food Information Form from the Feeding Infants in Childcare Study (FITS).

# Tab 5 Infant Intake Form—Infant 2

OMB Control No: 0584-XXXX OMB Approval Expiration Date: XX/XX/XXXX

## **INFANT FOOD INTAKE FORM**

**Infant 2** 

Todayla Data					Child ID #:   _ _ _			
Today's Date:		Day of the Week (Please circle one): MON			TUES	WED	THURS	FRI
		INFANT FOOD IN	TAKE FORM					
Name of infant:	Birthda	ate of infant:	<del> </del>	Gender (ci	rcle one)	: M	F	
Age of Infant (please circle one):	0 – 3 months	4 - 5 months	6 – 7 months	8 months	through	11 mor	nths	

Office	Time of	What did you serve or feed?	How much did the contract of t	If you used the Measurement Guide to estimate amount consumed, check box.	
Use Only	Time of Feeding	Use one line for each food or drink. (List all formula, breast milk, foods and drinks)	Food	Drink/Beverage	Measurement Guide?
1		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	
2		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
3		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB ☐	□ FL OZ	
4		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB	□ FL OZ	
5		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	
6		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
7		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	

### **INFANT FOOD INTAKE FORM continued**

Office Use	Time of	What did you serve or feed?	(Include units: Flu	How much did the infant eat or drink? (Include units: Fluid ounces (FL OZ), cups, teaspoons (tsp), Tablespoons (TB), or other		
Only	Time of Feeding	Use one line for each food or drink. (List all formula breast milk, foods and drinks)	Food	Drink/Beverage	Measurement Guide?	
8		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB ☐	□ FL OZ		
9		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ		
10		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB ☐	□ FL OZ		
11		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ		
12		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ		
13		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ		
14		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ		
15		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB	□ FL OZ		

Office Use	Time of	What did you serve or feed? Use one line for each food or drink. (List all formula,	How much did th (Include units: Fluid teaspoons (tsp), Tal	If you used the Measurement Guide to estimate amount consumed, check box.  Measurement	
Only	Feeding	breast milk, foods and drinks)	Food	Drink/Beverage	Guide?
16		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
17		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
18		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
19		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
20		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
21		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
22		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	
23		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
24		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	

The Infant Food Intake Form was adapted from the Infant Food Intake Record used in the Early Childhood and Childcare Study and the Childcare Food Information Form from the Feeding Infants in Childcare Study (FITS).

# Tab 6 Infant Intake Form—Infant 3

OMB Control No: 0584-XXXX OMB Approval Expiration Date: XX/XX/XXXX

## **INFANT FOOD INTAKE FORM**

**Infant 3** 

Todovic Dato						Child ID #:   _ _ _		
Today's Date:	Day of the Week (Please circle one): MON			TUES	WED	THURS	FRI	
		INFANT FOOD IN	TAKE FORM					
Name of infant:	Birthdate of infant:		<del></del>	Gender (ci	rcle one)	: М	F	
Age of Infant (please circle one):	0 – 3 months	4 - 5 months	6 – 7 months	8 months	through	11 mor	nths	

Office Use	Time of	What did you serve or feed?	How much did tl (Include units: Flu- teaspoons (tsp), Ta	If you used the Measurement Guide to estimate amount consumed, check box.	
Only	Feeding	Use one line for each food or drink. (List all formula, breast milk, foods and drinks)	Food	Drink/Beverage	Measurement Guide?
1		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
2		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
3		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
4		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
5		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	
6		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
7		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	

### **INFANT FOOD INTAKE FORM continued**

Office Use	Time of	What did you serve or feed?	(Include units: Flu	How much did the infant eat or drink? (Include units: Fluid ounces (FL OZ), cups, teaspoons (tsp), Tablespoons (TB), or other		
Only	Time of Feeding	Use one line for each food or drink. (List all formula breast milk, foods and drinks)	Food	Drink/Beverage	Measurement Guide?	
8		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB ☐	□ FL OZ		
9		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ		
10		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB ☐	□ FL OZ		
11		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ		
12		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ		
13		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ		
14		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ		
15		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB	□ FL OZ		

Office Use	Time of	What did you serve or feed? Use one line for each food or drink. (List all formula,	How much did the (Include units: Fluid teaspoons (tsp), Tab	If you used the Measurement Guide to estimate amount consumed, check box.  Measurement	
Only	Feeding	breast milk, foods and drinks)	Food	Drink/Beverage	Guide?
16		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB ☐	□ FL OZ	
17		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
18		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
19		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	
20		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
21		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	
22		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB □	□ FL OZ	
23		☐ From home ☐ From provider ☐ Mom nursed	☐ Cups ☐ tsp ☐ TB	□ FL OZ	
24		☐ From home ☐ From provider ☐ Mom nursed	□ Cups □ tsp □ TB	□ FL OZ	

The Infant Food Intake Form was adapted from the Infant Food Intake Record used in the Early Childhood and Childcare Study and the Childcare Food Information Form from the Feeding Infants in Childcare Study (FITS).