

**Tri-County Community Council, Inc.**  
**Head Start/Early Head Start**

**Part: 1302 Program Operations**

**Subpart: D- Health Program Services**

**Section: 1302.44 Child Nutrition**

**Subject: Transitions from Breastmilk or Infant Formula to 1% Milk**

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**Policy:**

Guidelines for successful transitions from breastmilk or infant formula to whole milk at 1 year old and from whole milk to 1% milk at 2 years of age, in accordance with the Child and Adult Care Food Program.

**Procedure:**

Note: Breastmilk is an appropriate milk to feed a child from birth to 5 years of age. Through the following simple guidelines, we allow our children time to get used to milk with different amounts of fat.

1. From birth to 1-year-old babies will be given breastmilk or iron-fortified infant formula.
2. From 12-13 months of age the child will be transitioned to unflavored whole milk. This will be done by adding a small amount of whole milk to the formula or breastmilk in baby's cup at 12 months. Slowly increase the amount of whole milk added to the cup over the next 3-4 weeks, until you are offering only whole milk and/or breastmilk.
3. From 13 months to 2 years of age, offer unflavored whole milk and/or breastmilk.
4. Children from 2-5 years of age will be served unflavored 1% milk.