### Appendix H

## Infant wellness and feeding policies and practices and infant milk consumption supplementary tables

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**Table H.1**. Major and minor food groups served in daily infant menus in early child care programs, overall and by infant age groups

	0 to 3	4 to 5	6 to 7	8 to 11	
	months	months	months	months	All
Grains	4.3	21.5	47.2	57.4	56.7
Infant cereal	3.3	21.0	39.9	42.6	44.0
Crackers, pretzels, rice cakes	-	0.2	6.4	8.1	7.9
Bread or rolls	0.7	0.7	2.1	5.8	4.7
Non-infant cold cereal	0.0	-	3.5	3.8	3.9
Pancakes, waffles, French toast	0.0	-	0.9	2.4	2.2
Plain rice and pasta	0.0	-	0.5	2.7	1.9
Non-infant hot cereal	-	-	0.2	1.1	0.8
Cereal bars/nutrition bars	0.0	-	-	-	-
Fruits	1.6	17.5	43.4	53.0	51.5
Pureed or jarred infant food fruit	1.2	12.0	30.4	31.7	31.4
Non-infant/table food fruit	0.4	5.5	13.2	23.0	22.6
Vegetables	1.6	6.8	26.9	30.4	29.0
Pureed or jarred infant food vegetables	1.6	6.3	21.1	21.2	21.3
Non-infant/table food vegetables	0.0	0.5	6.0	10.3	9.4
Milk	99.6	99.4	96.5	96.2	98.4
Breastmilk	57.9~	65.1	42.1	39.0	85.8
Formula	75.8	82.3	83.4	89.6	47.6
Cow's milk	0.0	0.0	0.2	0.4	1.4
Other milk beverage	0.0	0.0	-	1.9	0.4
Meats and proteins	-	2.4	11.0	23.1	20.0
Pureed or jarred infant food meat	-	0.1	5.4	7.0	6.7
Non-infant food meat	0.0	0.0	1.4	8.0	6.2
Dried beans and peas, vegetarian meat substitutes	0.0	-	1.3	2.2	2.5
Eggs	0.0	2.2	0.0	2.4	2.4
Peanut butter, peanuts	0.0	0.0	-	0.1	2.2
Other (non-peanut) nut butter, nuts, seeds	0.0	0.0	-	0.3	1.9
Cheese	0.0	0.0	1.7	2.9	0.2
Yogurt	0.0	-	1.5	2.5	0.1
Water	1.0	0.9	9.3	27.1	23.7
Dessert, sweets, sweetened beverages, and salty snacks	0.0	2.3	5.7	9.3	7.5
Baby cookies, teething biscuits, and animal crackers	0.0	2.2	4.9	7.8	6.3
Other cookies	0.0	0.0	0.0	0.0	0.8
Pies and pastry	0.0	0.0	0.0	-	0.2
Sweet rolls, donuts, and muffins	0.0	0.0	0.8	1.1	-

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	0 to 3 months	4 to 5 months	6 to 7 months	8 to 11 months	All
lce cream, frozen yogurt, pudding	0.0	0.0	-	0.0	0.0
Other desserts	0.0	0.0	-	-	0.0
Other sweets (milk flavorings, sugar, syrup, preserves)	0.0	-	-	0.3	0.0
Salty snacks (chips, popcorn, cheese puffs, etc.)	0.0	0.0	0.0	0.0	-
Mixed dishes	0.0	3.5	11.7	9.9	11.4
Pasta/rice dish	-	-	0.4	1.9	8.2
Sandwich	0.0	-	0.4	0.7	1.5
Mexican Entrée	0.0	0.0	0.0	0.2	0.6
Pizza	0.0	-	0.0	0.4	0.5
Other mixed dish	0.0	0.0	-	0.6	0.4
Pureed or jarred infant food blends (with protein)	0.0	-	0.4	0.4	0.3
Pureed or jarred infant food blends (without protein)	0.0	3.2	10.5	6.1	0.2
Juice	0.0	0.0	4.4~	3.4	4.9
100% fruit juice	0.0	0.0	4.4~	0.3	2.4
Not specified as to 100% or not 100% juice	0.0	0.0	0.0	3.2	2.4
Accompaniments	0.0	-	0.2	0.9	0.7
Condiments and toppings	0.0	-	0.2	0.9	0.7
Number of daily infant menus <sup>a</sup> , <sup>b</sup>	853	1,314	1,650	2,580	3,156

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Infant Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

<sup>a</sup> An infant menu is defined as an eating occasion for an infant age group. For each provider, there could be up to four eating occasions for each day of the target week per infant age group.

<sup>b</sup> 62 providers served at least one food or beverage item to infants 0-3 months old; 92 providers served at least one food or beverage item to infants 4-5 months old; 117 providers served at least one food or beverage item to infants 6-7 months old; 177 providers served at least one food or beverage item to infants 8-11 months old; and 215 providers served at least one food or beverage item to infants (0-11 months old).

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

~ Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

CACFP = Child and Adult Care Food Program.

# **Table H.2.** Early child care programs serving any solid foods to infants younger than 4 months and 6 months

	Early learning programs
Early child care programs serving any solid food <sup>a</sup> to infants under 4 months	5.7
Early child care programs serving and solid food to infants under 6 months	17.1
Number of early child care programs	215

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Infant Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

<sup>a</sup> For the purposes of this study, solid foods are defined as any foods or beverages other than infant formula or breast milk.

#### **Table H.3.** Early child care programs serving juice to infants

	Early learning programs
Early child care programs serving any juice to infants	6.7
Early child care programs serving 100% juice to infants	4.0
Early child care programs serving unspecified juice <sup>a</sup> to infants	-
Number of early child care programs	215

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Infant Menu Survey, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

<sup>a</sup> Unspecified as to 100% juice or not.

	Infant feeding techniques
Frequency of using responsive feeding techniques	
Always	77.8
Often	9.1
Sometimes	4.2
Rarely or Never	-
Don't know	1.2
Missing	7.6
How end of infant feedings are determined	
Mostly by the amount of breast milk, formula, or food left, but partly by infants showing they are full	23.4
Only by the amount of breast milk, formula, or food left	0.0
Mostly by infants showing they are full, but partly by the amount of milk, formula, or food left	44.6
Only by infants showing they are full	21.9
Don't know	3.0
Missing	7.1
Number of early child care programs	333

#### Table H.4. Infant feeding techniques, as reported by early child care programs

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

**Table H.5.** Average age and AAP recommendations for serving solid foods to infants, as reported by early child care programs

	Child care centers	Head Start centers	Family day care homes	All
Average age solid foods introduced to	o infantsª			
Younger than 4 months	0.0	-	0.0	-
4 to 6 months	22.2	10.0	13.6~	16.1
At 6 months	30.4	42.6	31.0~	31.3
Older than 6 months	40.2	33.9	39.8	39.7
Do not give infants solid food	3.6	-	-	3.6
Don't know	-	-	-	1.5
Missing	3.2	9.2	9.8	7.7
Introduction of solid foods meets AAP recommendations <sup>b</sup>				
Yes	30.4	42.6	31.0~	31.3
No	69.6	57.4	69.0~	68.7
Number of early child care programs	152	80	101	333

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

<sup>a</sup> For the purposes of this study, solid foods are defined as any foods or beverages other than infant formula or breast milk.

<sup>b</sup> The American Academy of Pediatrics recommends children be introduced to foods other than breast milk or infant formula when they are 6 months old (https://www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/when-to-introduce-solid-foods.html).

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

 $\sim$  Estimate has an effective sample size of fewer than 30 observations. The effective sample size is calculated as the sample size divided by the design effect for each estimate.

AAP = American Academy of Pediatrics.

# **Table H.6.** Types of solid foods most often introduced first, as reported by early child care programs

Types of solid foods <sup>a</sup>	
Infant cereal	74.6
Vegetables	7.3
Fruits	6.3
Meat alternates, including eggs, yogurt, cheese, and dry beans and peas	2.8
Other grains, including crackers, bread, puffs, and ready-to-eat cereal	2.0
Meats, including beef, poultry, and fish	-
Other	1.3
Don't know	0.0
Missing	5.7
Number of early child care programs	333

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

<sup>a</sup> For the purposes of this study, solid foods are defined as any foods or beverages other than infant formula or breast milk.

Table H.7. Challenges providers face feeding solid foods to infants, as reported by early child
care programs

Challenges feeding solid foods <sup>a</sup>	
Determining when to introduce solid foods	19.5
Missing	6.5
Talking to parents or guardians about introducing solid foods	31.4
Missing	6.4
Getting parent or guardian permission to introduce solid foods	36.3
Missing	8.1
Parents or guardians want their infant to start solid foods before we think they are ready	43.2
Missing	7.8
Determining what types of solid foods to serve to infants	19.2
Missing	7.8
Finding solid foods that meet the meal pattern requirements	18.9
Missing	7.8
Finding solid foods that infants will eat	25.7
Missing	6.1
Other challenge	1.7
Missing	47.0
Number of early child care programs	333

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

<sup>a</sup> For the purposes of this study, solid foods are defined as any foods or beverages other than infant formula or breast milk.

**Table H.8.** Storage of breast milk and preparation of breast milk and formula, as reported by early child care programs

	Breast milk and formula preparation and storage
How breast milk and formula are warmed <sup>a</sup>	
Under running warm tap water	50.7
By placing in a container of water no warmer than 120 degrees Fahrenheit	34.5
Electric bottle warmer	29.2
Don't warm breast milk or formula	6.3
Other way	1.7
In microwave	0.8
Don't Know	0.4
Missing	5.9
Mothers allowed to store pumped breast milk overnight	
Yes	73.3
No	19.6
Missing	4.6
For mothers allowed to store pumped breast milk overni	ght at the site, where the breastmilk is stored <sup>a</sup>
Freezer	90.3
Refrigerator	61.2
Insulated cooler	2.4
Counter or shelf	-
Missing	0.2
Number of early child care programs	333

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

<sup>a</sup> Multiple responses were allowed.

## **Table H.9.** Facilities available for mothers to breastfeed onsite, as reported by early child care programs

	Breastfeeding onsite	
Mothers allowed to breastfeed infants onsite		
Yes	88.9	
No	5.7	
Missing	4.6	
Availability of private room or area to breastfeed infants, if mothers allowed to breastfeed infants onsite (n=295)		
Yes	91.1	
No	8.0	
Missing	0.4	
Number of early child care programs	333	

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

**Table H.10.** Reasons why parents and guardians send solid food from home, as reported by early child care programs

	Sending solid food from home
Parents allowed to send solid food from home <sup>a</sup>	
Yes	59.1
No	36.4
Missing	4.5
For parents allowed to send solid food from home, provide	er reported reasons for doing so <sup>b</sup>
Parent or guardian has preference to bring foods from home	77.9
Infant has food allergies or special dietary needs	46.4
Program does not provide all meals or snacks for infants	1.8
Other reason	6.9
Missing	0.2
Number of early child care programs	333

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

<sup>a</sup> For the purposes of this study, solid foods are defined as any foods or beverages other than infant formula or breast milk.

<sup>b</sup> Multiple responses were allowed.

**Table H.11.** Frequency of infant tummy time and outdoor time opportunities, as reported by early child care programs

	Child care centers	Head Start centers	Family day care homes	All
Frequency of tummy time at full-day	care providers			
Never	-	0.0	6.0~	4.2
Some days but not every day	3.7	-	-	4.1
Once per day	7.1	6.8	11.5~	9.9
2 times per day	19.6	30.1	31.0~	27.2
3 times per day	27.6	32.5	20.4	23.2
4 times per day or more	37.4	19.2	22.9~	27.6
Don't know	0.0	0.0	0.0	0.0
Missing	3.4	9.7	3.7~	3.8
Frequency of tummy time at half-day	care providers			
Never	-	-	-	2.8
Some days but not every day	10.2	-	8.5~	8.8
Once per day	18.0	30.5	36.1~	31.4
2 times per day	62.4	62.4	51.8~	54.8
Don't know	0.0	0.0	0.0	0.0
Missing	6.6	-	0.7	2.3
Frequency of outdoor time				
Never	4.1	1.0	-	3.3
Some days but not every day	33.1	13.9	12.6~	19.0
1 time per day	25.9	48.7	34.6~	32.5
2 times per day or more	33.5	27.3	44.6~	40.4
Don't know	0.0	0.0	0.0	0.0
Missing	3.4	9.2	5.1~	4.7
Number of early child care programs	152	80	101	333

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Provider Survey, winter through summer, 2023. Tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

**Table H.12.** Infants consuming breast milk brought from home and those nursed on-site during the child care day, by infant age groups

	By age group in months			
	0 to 5	6 to 7	8 to 11	All
Infants consuming breast milk brought from home	36.8	5.3~	12.6	15.7
Infants nursed on site	-	-	3.6	3.8
Number of infants	39	42	126	207

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Infant Intake Form, winter through summer, 2023. Tabulations are weighted to be nationally representative of all infants in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted. Table includes only children for whom the analysis variables were available.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

Table H.13. Infants consuming breast milk, formul	a, or both during the child care day, by infant
age groups	

	By age group in months			
	0 to 5	6 to 7	8 to 11	All
Formula only	58.1	85.3~	70.6	72.0
Breast milk only	40.6	6.8~	15.6	18.4
Neither breast milk or formula	0.0	5.3~	12.4	7.9
Combination of breast milk and formula	-	-	-	1.7
Number of infants	38	41	125	204

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Infant Intake Form, winter through summer, 2023. Tabulations are weighted to be nationally representative of all infants in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted. Table includes only children for whom the analysis variables were available.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

	By age group in months			
	0 to 5	6 to 7	8 to 11	All
Grains	15.5	73.5~	79.2	64.1
Infant cereal	15.5	53.6~	41.6	39.4
Crackers, pretzels, rice cakes	0.0	16.7~	36.7	23.4
Bread or rolls	0.0	0.0	17.3~	8.9
Pancakes, waffles, French toast	0.0	-	7.0	3.9
Non-infant cold cereal	0.0	0.0	6.1	3.1
Plain rice and pasta	0.0	0.0	4.4	2.2
Non-infant hot cereal	0.0	-	2.4	1.9
Fruits	7.3	76.1	76.2~	61.6
Pureed or jarred infant food fruit	-	63.6~	49.1	42.7
Non-infant/ table food fruit	-	18.9~	48.7~	31.7
Vegetables	3.6	57.7~	76.4	55.8
Non-infant/ table food vegetables	-	37.1~	46.0	34.5
Pureed or jarred infant food vegetables	-	24.8~	41.1	27.9
Milk	100.0	96.0~	91.9	94.7
Formula	59.4	87.9~	72.0	73.7
Breastmilk	41.9	9.3~	17.0	20.1
Cow's milk	0.0	-	6.1	3.5
Meats and proteins	-	4.1	37.8	21.3
Non-infant food meat	0.0	-	19.6~	10.1
Pureed or jarred infant food meat	0.0	-	14.2~	8.1
Dried beans and peas, vegetarian meat substitutes	0.0	-	10.1~	5.4
Eggs	0.0	0.0	10.2~	5.2
Cheese	0.0	0.0	7.7	4.0
Yogurt	-	0.0	3.0	2.3
Water	0.0	0.0	7.5	3.9
Dessert, sweets, sweetened beverages, and salty snacks	0.0	-	17.2	9.7
Sweet rolls, donuts, and muffins	0.0	-	11.5	6.6
Baby cookies, teething biscuits, and animal crackers	0.0	-	10.4	6.2
Other cookies	0.0	0.0	-	-
Other desserts	0.0	0.0	-	-
Other sweets (milk flavorings, sugar, syrup, preserves)	0.0	0.0	-	-
Salty snacks (chips, popcorn, cheese puffs, etc.)	0.0	0.0	-	-
I				

### Table H.14. All foods consumed by infants at early child care programs, by infant age groups

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	By age group in months			
	0 to 5	6 to 7	8 to 11	All
Mixed dishes	-	31.4~	38.1~	29.0
Pureed or jarred infant food blends (without protein)	-	27.4~	14.4	15.7
Sandwich	0.0	-	9.8	6.1
Pasta/rice dish	0.0	0.0	8.3	4.2
Mexican Entrée	0.0	0.0	4.7	2.4
Pureed or jarred infant food blends (with protein)	0.0	-	1.4	2.0
Other mixed dish	0.0	0.0	1.7	0.9
uice	0.0	-	2.5	5.1
Not specified as to 100% or not 100% juice	0.0	0.0	2.5	1.3
100% fruit juice	0.0	-	0.0	-
Number of infants	39	42	126	207

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Infant Intake Form, winter through summer, 2023. Tabulations are weighted to be nationally representative of all infants in early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted. Table includes only children for whom the analysis variables were available.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.

#### Table H.15. Infant weight-for-age, as reported by parents

	0 to 5 months	6 to 7 months	8 to 11 months	All
Less than the 3rd percentile	-	9.8	10.3	7.4
More than or equal to the 3rd percentile and less than or equal to the 97th percentile	94.3	78.3~	86.3	85.6
More than the 97th percentile	3.8	11.9~	3.4	7.0
Number of infants	55	53	66	174

Source: Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Infant Consent Form, winter through summer, 2023.

Tabulations are weighted to be nationally representative of all infants early child care programs participating in the Child and Adult Care Food Program in Program Year 2022–2023. Estimates are percentages unless otherwise noted. Table includes only infants for whom the analysis variables were available.

Infant weight-for-age status was defined using the Centers for Disease Control (CDC) weight-for-age charts, birth to 36 months.

# **Table H.16.** Juice served to infants 0 to 5 months in early child care programs in SNACS I and SNACS II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Programs serving any juice	2.9^	0.0^~	-2.9~
Programs serving 100% juice	0.0^	0.0^~	0.0~
Programs serving unspecified juice	2.9^	0.0^~	-2.9~
Number of early child care programs	102	107	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Infant Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Infant Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the \*\*\*0.001 level, \*\*0.01 level, or \*0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

# **Table H.17.** Juice served to infants 6 to 11 months in early child care programs in SNACS I and SNACS II

	SNACS-I	SNACS-II	Difference (SNACS-II - SNACS-I)
Programs serving any juice	14.8	7.2^~	-7.6~
Programs serving 100% juice	13.1	4.3^~	-8.8~
Programs serving unspecified juice	3.7^	-	-
Number of early child care programs	184	206	

Source: Study of Nutrition and Activity in Child Care Settings (SNACS-I), Infant Menu Survey, winter through summer, 2017 and Second Study of Nutrition and Activity in Child Care Settings (SNACS-II), Infant Menu Survey, winter through summer, 2023.

SNACS-I and SNACS-II tabulations are weighted to be nationally representative of all early child care programs participating in the Child and Adult Care Food Program in Program Years 2016–2017 and 2022–2023, respectively. Estimates are percentages unless otherwise noted.

Early child care programs include child care centers, Head Start centers, and family day care homes. Early child care programs may also provide care to older children.

Difference between SNACS-I estimate and SNACS-II estimate is significantly different from zero at the \*\*\*0.001 level, \*\*0.01 level, or \*0.05 level.

^ Estimate is considered imprecise because the standard error is more than 30 percent of the estimate.

- Estimate is suppressed to protect against disclosure risks because there are only one or two observations.