

Three Steps to assigning an infant Fruit and Veggie Benefits (FVB) 7-12 months



Complete the following steps to assign fruit and vegetable benefit to infants 7-12 months during the mid-cert health assessment done at about 6 months:

Step 1: Complete a diet assessment

- Complete a TWIST infant diet assessment questionnaire, including the question on the plan for introducing finger foods.
- Assess the readiness and interest of the family:
 - Is the infant developmentally on track to transition food types and proceed to finger foods (e.g. prematurity, sitting up, grabbing the spoon, putting things in their mouth)?
 - Is the parent or caregiver able to provide developmentally appropriate food in a safe and appropriate manner?
 - Is the parent or caregiver interested in receiving benefits for fruits and vegetables in place of some or all of the baby food starting at 7 months?

Step 2: Provide anticipatory nutrition education to the parent or caregiver

These steps are also found in [Policy 769](#) section 15.2

- At a minimum, offer information on the safe and appropriate use of fruits and vegetables:
 - Safe food preparation
 - Fruit and vegetable storage techniques
 - Developmental readiness for progression of infant feeding practices
- Offer appropriate nutrition education materials that cover these topics . (e.g. *It's Time to Eat* - 57-709)
- Document NE provided in one of the following locations in TWIST:
 - NE Topic dropdown (preferred method)
 - Infant FVB: this means the certifier covered all the required topics listed above.

- Combination of NE topics: Finger foods/Progression of texture or Feeding Guide for Age **and** Food Safety or Homemade Baby Foods.
- Progress notes may be used to document a narrative of the nutrition education provided during the appointment for this topic.

Step 3: Use the appropriate template from Module B 7-12 months

In Module B on the Food Package Assignment tab, select the appropriate option in the table below:

Template	What it does
I-FVCM-\$	<ul style="list-style-type: none"> • Used with an infant who is fully breastfeeding and 7-12 months old • Reduces jarred fruits and vegetables to 64 oz (half) • Adds \$11 FVB
I-CM-\$	<ul style="list-style-type: none"> • Used with an infant who is fully breastfeeding and 7-12 months old • Removes all jarred fruits and vegetables • Adds \$22 FVB
I-FVC-\$	<ul style="list-style-type: none"> • Reduces jarred fruits and vegetables to 64 oz (half) • Adds \$11 FVB
I-C-\$	<ul style="list-style-type: none"> • Removes all jarred fruits and vegetables • Adds \$22 FVB

The fruit and vegetable (FVB) benefit may only be assigned for the infant's 7th month food package or later.