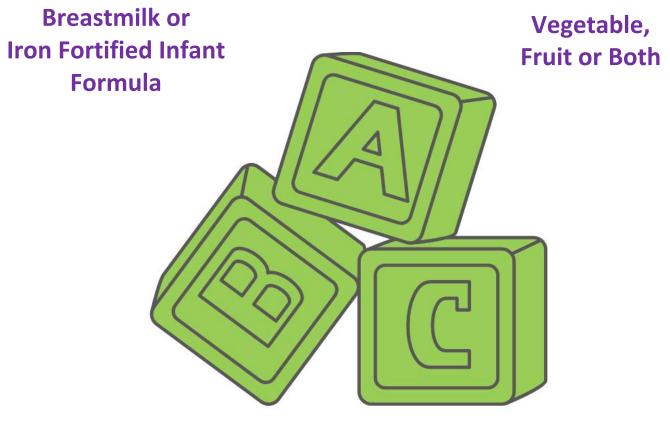
## Once they are developmentally ready...

# **INFANTS NEED 3**

## components at all meals and snacks



### Meals:

Iron-Fortified Infant Cereal or Meat/ Meat Alternate

### **Snacks:**

Bread, Crackers or Ready to Eat Cereal

