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USDA Child & Adult Care Food Program Sponsor

MEMO 2011-10

To: CACFP Family Child Care Providers

From: Director of Administration, Elizabeth Wittusen

Date: October 2011

Subject: Milk Requirements

Milk

All children two years of age and older that participate in the CACFP **must** receive either fat free (skim) or low-fat (1%) fluid milk. Milk must be fat free or low fat lactose reduced milk, fat free or low-fat lactose free milk, fat free or low-fat buttermilk or fat free or low-fat acidified milk. The milk must be pasteurized, meet State and local standards and may be flavored or unflavored. Whole milk and reduced-fat (2%) milk may **not** be served to participants over two years of age.

Requirements relating to children under the age of two are unchanged at this time.

Non-Dairy Beverages

Children who cannot consume milk for medical or dietary reasons may be served a non-dairy beverage if it is nutritionally comparable to milk. This means that it must meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D and other nutrients to levels found in cow's milk.

Further, a parent or guardian can now request a non-dairy substitution in writing, without providing a medical statement. The written request must identify the medical or other special dietary need that restricts the diet of the child. For example, if a parent has a child who follows a vegan diet, the parent can submit a written request to the child's caretaker asking that soy milk be served in lieu of cow's milk. Such substitutions are recommended and at the option of the facility. Substitutions must be nutritionally comparable to milk. The requirements related to milk or food substitutions for a participant who has a medical disability and who submits a medical statement signed by a licensed physician remain unchanged.

If you have any questions, please call Child Nutrition, Inc. at 1-800-735-5434.