

## CACFP MILK SUBSTITUTIONS FOR CHILDREN WITH SPECIAL DIETARY NEEDS

**Milk Substitute Rule** –If a student has a disability determined by a physician, the child care facility must provide the substitution as prescribed in the physician’s statement. However with non-disability situations, it is up to the child care facility to determine if they will offer milk substitutes for these students. If the child care facility chooses to do so, it must accept a written request from a medical authority or a parent/legal guardian.

**Written Request** - The written request from the medical authority or the parent/guardian must identify why the child cannot consume cow’s milk. For example, a request due to a milk allergy, vegan diet, as well as religious, or cultural/ethical reasons would be acceptable and may be accommodated if the child care facility chooses to do so.

Milk substitutes that are offered without a physician’s statement must be nutritionally equivalent to milk. The following chart outlines the requirements for milk substitutes.

### **Milk Substitute Nutrition Standards Nutrient Per Cup (8 Fl. Oz.)**

- Calcium – 276 mg
- Protein – 8 g
- Vitamin A – 500 IU
- Vitamin D – 100 IU
- Magnesium – 24 mg
- Phosphorus – 222 mg
- Potassium – 349 mg
- Riboflavin – .44 mg
- Vitamin B-12 – 1.1 mcg

Currently, the Indiana Department of Education has only identified five products that meet the Milk Substitute Nutrition Standards. As more and more products are developed and implemented, we will update our list accordingly.

1. 8<sup>th</sup> Continent Soymilk – Regular Original and Vanilla
2. SunOpta Soymilk – Original and Vanilla (Shelf Stable)
3. Pearl Organic Soymilk – Chocolate and Vanilla (Shelf Stable)
4. Pacific Soymilk, Ultra – Plain and Vanilla (Shelf Stable)
5. Great Value Soymilk – Original

\*Shelf stable milks should be found with other canned milk products, while those that need refrigerated will be in the dairy section of your grocery.

For questions regarding special dietary needs, contact Heather Stinson at [hstinson@doe.in.gov](mailto:hstinson@doe.in.gov).



## INDIANA CACFP MILK REQUIREMENTS

Locate your facility type at the top of one of the charts. The X in the chart indicates the type of milk each age group must be served.

### REQUIREMENTS FOR LICENSED CENTERS AND MINISTRIES ON VCP PARTICIPATING IN CACFP:

Age	Whole milk	2% milk (reduced fat)	1% milk (low fat)	Skim milk(fat free)
12-23 months	X	X		
24 months and older			X	

### REQUIREMENTS FOR FAMILY DAY CARE HOMES, MINISTRIES NOT ON VCP, OUTSIDE-SCHOOL-HOURS AND AT-RISK PROGRAMS, HOMELESS/EMERGENCY SHELTERS, AND ADULT DAY CARE PROGRAMS PARTICIPATING IN CACFP:

Age	Whole milk	2% milk (reduced fat)	1% milk (low fat)	Skim milk(fat free)
12-23 months	X	X		
24 months and older			X	X

For questions regarding infant feeding, visit <http://www.doe.in.gov/cacfp> and select Meal Pattern Requirements.

### **Frequently Asked Questions (FAQs)**

1. If a parent provides the milk, does it also have to meet the CACFP requirements shown above?  
Yes, the above requirements must be met to claim a meal for reimbursement no matter who provides the milk.
2. If the child is lactose intolerant, can I give them lactose-free milk?  
Yes, both lactose-reduced milk and lactose-free milk can be served if it aligns with the fat requirements in the above charts.
3. What are the consequences of not serving the required milk type?  
If facilities are found to be serving milk that does not align with CACFP requirements, meals will be disallowed.

For specific questions on the CACFP milk policy, contact Heather Stinson at [hstinson@doe.in.gov](mailto:hstinson@doe.in.gov) or 317-232-0869