



**CACFP**  
**TRAINING**  
Child and Adult Care Food Program

# Special Dietary Needs: Milk



WISCONSIN DEPARTMENT OF  
**Public Instruction**  
Jill K. Underly, PhD, State Superintendent

**This presentation is adapted from  
the National CACFP Sponsors  
Association Dairy Meal  
Modifications presentation**



# What We Will Cover



- Medical Statements
- Food Allergens: Milk Allergen
- Lactose Intolerance
- Reading food labels for allergens
- Accommodating meals and CACFP meal modification ideas
- Accommodating Fluid Milk
- GM 12: Special Dietary Needs

# Disclaimer



The dietary information shared in this presentation should not supersede any medical nutrition therapy dictated by the approved license healthcare professional.

The presentation will provide a general knowledge and understanding of the topic discussed.

# Terminology



## Disability

Physical or mental impairment that limits a major life activity

- Food intolerance
- Food allergy
- Metabolic Disorder

## Non-Disability

Eating or eliminating certain foods due to a general health concern and/or preference

- Religious, ethnic, lifestyle preference (organic, vegetarian)
- Health belief

# Medical Statements

## Required to be on file

- To claim meals when meal substitutions made to accommodate a disability do not meet CACFP meal pattern requirements
  - Serving non-creditable food/beverage
  - Not serving all required meal components

## NOT required to be on file

- To claim meals when meal substitutions meet CACFP meal pattern requirements
  - Serving creditable food/beverage
  - Serving all required components

# Medical Statements



**Fully understand the extent of a participant's disability so safe meals are served.**

# Medical Statements

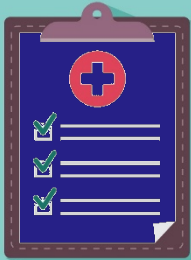
**Written statement from  
state licensed healthcare  
professional authorized to  
write medical prescriptions**

WI Licensed Healthcare Professionals  
Authorized to Write Medical  
Prescriptions:

- Physician (Medical Doctor, MD; and Doctor of Osteopathy, DO)
- Physician Assistant
- Advanced Practice Nurse Prescriber (APNP)
- Dentist
- Optometrist
- Podiatrist



# Medical Statements



<b>Description of Impairment (reason for request)</b>	Information about the participant's physical or mental impairment that is sufficient to allow the CACFP facility to understand how the impairment restricts the child's diet.
<b>How to accommodate the impairment</b>	An explanation of what must be done to accommodate the disability.  Food or foods to be omitted and recommended alternatives.
<b>Licensed healthcare professional's signature</b>	

# Unclear Medical Statement?

**Sometimes a medical statement does not provide enough information**

- Discuss with family to get more details from the licensed healthcare provider.
  - Obtain updated statement
- Document conversations with family
- It is important to ensure safe meals are served!





## Medical Statement

A state licensed healthcare professional who is authorized to write medical prescriptions under state law must complete Parts 2 and 3 and sign this form. In Wisconsin this includes a Physician, Physician Assistant, Nurse Practitioner (APNP), Dentist, Optometrist, or Podiatrist.

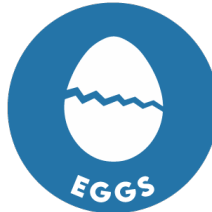
PART 1: GENERAL INFORMATION	
First and Last Name	Date of Birth
Name of Center/Care Provider	
Name of Parent/Guardian	Telephone Number
PART 2: ACCOMMODATIONS	
1. How does the participant's physical or mental impairment restrict their diet?	
2. What food(s)/type(s) of food must be omitted? Please be specific.	
3. List foods to be substituted. (Avoid specific brand names, if possible).	
4. Additional comments (i.e., other specified accommodations needed).	
Texture Modification (Complete if needed)	
<input type="checkbox"/> Pureed	<input type="checkbox"/> Ground <input type="checkbox"/> Bite-Size Pieces <input type="checkbox"/> Other (specify):
PART 3: SIGNATURE	
State Licensed Healthcare Professional's Name	Title: <input type="checkbox"/> Physician <input type="checkbox"/> Physician Assistant <input type="checkbox"/> Optometrist <input type="checkbox"/> Podiatrist <input type="checkbox"/> Nurse Practitioner (APNP) <input type="checkbox"/> Dentist
Signature of State Licensed Healthcare Professional	Date Signed
Medical Office Name and Address	Phone Number

# Medical Statement

([Medical Statement Spanish](#))

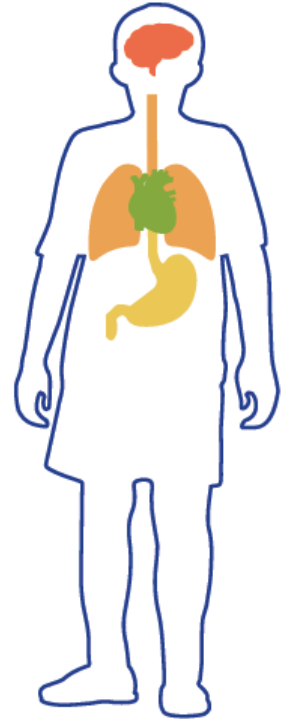
# Food Allergens

Today's focus: Milk  
Most common in CACFP



# What is a Food Allergy?

- **Immune system response to protein found in food**
- **Body identifies protein as harmful, and an allergic reaction occurs**



# Symptoms of Allergic Reactions to Food

## Common MILD Symptoms

- **NOSE:** Itchy, runny, sneezing
- **MOUTH:** Itchy, spicy feeling
- Rash or hives in small area
- Mild nausea or discomfort

## SEVERE Symptoms

- Tightness in throat, trouble breathing/swallowing
- Widespread rash or hives
- Repetitive vomiting or severe diarrhea
- **MOUTH:** Swelling of lips or tongue
- Dizzy, faint, weak, pale, blue
- Shortness of breath, wheezing, coughing

# Symptoms of Allergic Reactions to Food

Body System	Symptoms
Skin	Hives, swelling (face, lips, tongue), itching, warmth, redness
Respiratory (breathing)	Coughing, wheezing, shortness of breath, chest pain or tightness, throat tightness, trouble swallowing, hoarse voice, nasal congestion, or hay fever-like symptoms (sneezing; runny or itchy nose; red, itchy, or watery eyes)
Gastrointestinal (stomach)	Nausea, stomach pain or cramps, vomiting, diarrhea
Cardiovascular (heart)	Dizziness/light-headedness, pale/blue color, weak pulse, fainting, shock, loss of consciousness
Neurological (brain)	Anxiety, sense of “impending doom” (feeling that something really bad is about to happen), confusion, headache

# Symptoms of Allergic Reactions to Food

## Common Symptoms of an Allergic Reaction in Children Under 2 Years of Age

- Noticeable change in the sound of their cry
- Drooling
- Spitting up food or drink after feeding
- Uncontrolled passing of stool or urine
- Behavioral changes
  - Irritability
  - Unexpectedly becoming very sleepy or difficult to wake up
  - Suddenly appearing very frightened
  - Emotionally upset
  - Wanting to be held or comforted



# Institute of Child Nutrition (ICN) Food Allergy Fact Sheets

- Fact Sheets for 9 major food allergens
- Spanish version available

## Child Care Center Food Allergy Fact Sheet

### MILK ALLERGY

#### What Is Milk Allergy?

Milk allergy is a potentially life-threatening immune system reaction to the proteins in cow's milk. It is often confused with lactose intolerance, a condition characterized by an inability to digest the lactose (a sugar) in milk. Unlike an allergy, lactose intolerance is not life-threatening. Milk allergy is the most common food allergy in infants and very young children. Most children outgrow milk allergies by the time they are two or three years old.



#### Avoiding Milk and Dairy

A child with a milk allergy cannot drink milk or consume dairy products, such as yogurt and cheese. The proteins in cow's milk are similar to other domestic mammals, such as goats, sheep, and buffalo; therefore, milk and dairy products from these animals should also be avoided.

Nondairy products and processed foods often contain dairy ingredients and various forms of casein and whey, the two major proteins in milk. Reading food labels to find these hidden ingredients is important to eliminate exposure to milk.

If you have a child with a milk allergy in your care, you need to be aware of foods and products that may contain milk to prevent a reaction. This includes foods in your menu as well as foods and products that staff and children may bring into the center. The following tables list the most common dairy products, dairy ingredients, milk protein ingredients, and dishes, foods, and products that may contain milk. It is important to read all food labels to check for milk and dairy ingredients. Take extra care when reading food labels for milk proteins, as they are not commonly known and are often used in unexpected products.

#### Dairy Products

- |                           |                   |  |                          |
|---------------------------|-------------------|--|--------------------------|
| • Butter (all forms)      | • Curd            | • Heavy cream  | • Sherbet                |
| • Cheese (all types)      | • Custard         | • Ice cream  | • Sour cream             |
| • Cheese dip/sauce/spread | • Dried milk      | • Kefir  | • Skyr                   |
| • Coffee creamer          | • Evaporated milk | • Malted milk  | • Quarg/quark            |
| • Condensed milk          | • Ice cream       | • Milk (all forms, including all fat and flavored varieties) | • Whipping cream         |
| • Cottage cheese          | • Pudding         | • Powdered milk  | • Yogurt (all varieties) |
| • Cream cheese            | • Ghee            | • Pudding  |                          |
| • Crème fraiche           | • Half and half   |  |                          |

#### Dairy Ingredients

- |                            |                               |                            |                       |
|----------------------------|-------------------------------|----------------------------|-----------------------|
| • Anhydrous butter oil     | • Diacetyl                    | • Lactose                  | • Nisin               |
| • Anhydrous milk fat (AMF) | • Galactose                   | • Lactulose                | • Protein hydrolysate |
| • Butter acid              | • Lactate solids              | • Milk derivative          | • Recaldent™          |
| • Butter ester             | • Lactic acid                 | • Milk fat                 | • Sour cream solids   |
| • Butter oil               | • Lactic acid starter culture | • Milk protein             | • Tagatose            |
| • Butterfat                | • Lactic yeast                | • Milk protein hydrolysate | • Yogurt powder       |
| • Dairy product solids     | • Lactitol monohydrate        | • Milk solid pastes        |                       |
| • Dehydrated yogurt        |                               | • Milk solids              |                       |

# Symptoms of Allergic Reactions to Food

Reactions can occur  
seconds to hours after  
consuming a food allergen



# Milk Allergy

- Immune response to cow's milk protein(s)
- Can include milks from other mammals:
  - Sheep
  - Goats
  - Buffalo
  - Deer
- Can be life-threatening



A background image showing a brown and white cow on the left and a white pitcher of milk on the right, both resting on a wooden surface. The image is dimmed to serve as a background for text overlays.

Milk  
Allergy

Lactose  
Intolerance

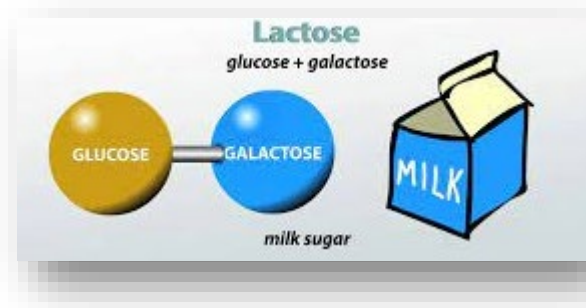
Not the  
same  
thing!

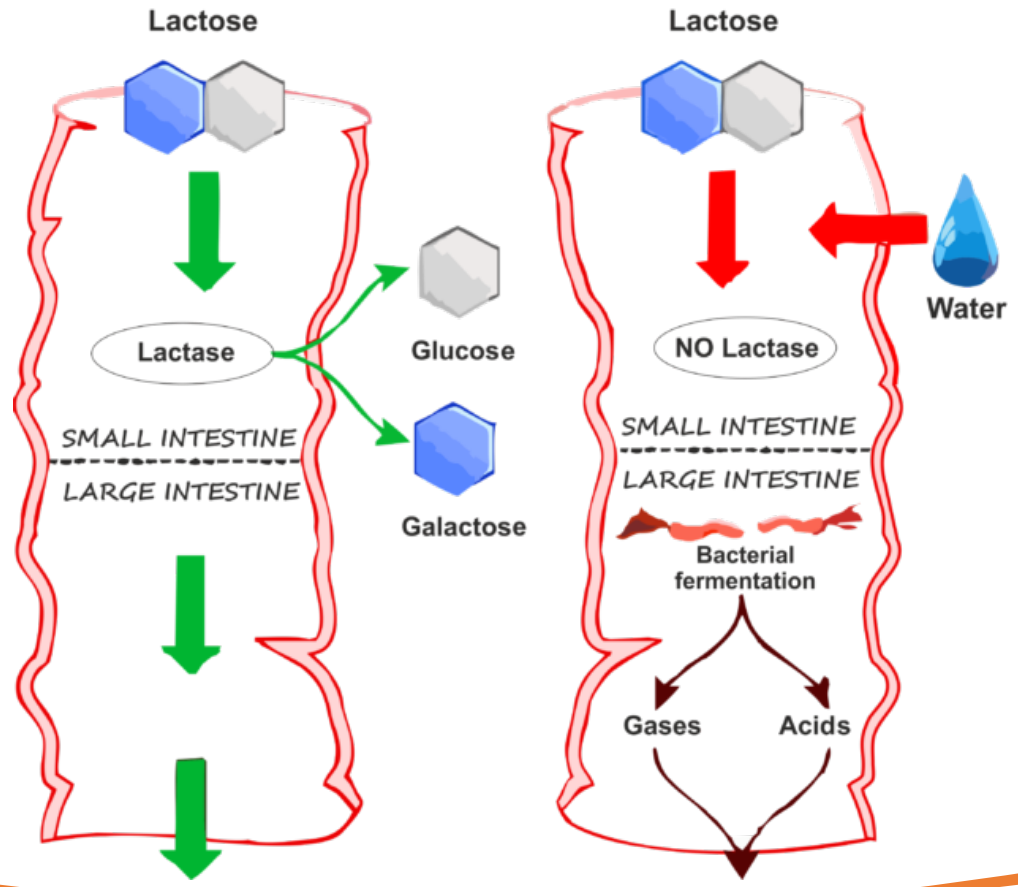
# Lactose Intolerance

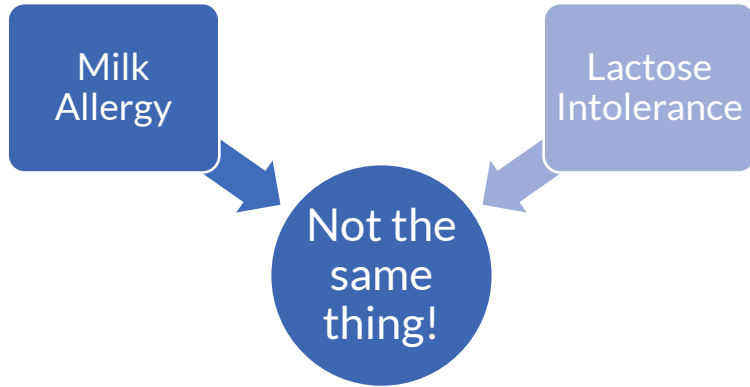
- Digestive response to **lactose**, the **sugar** found in milk and milk products.
- Bodies produce an enzyme, **lactase**, which helps break down **lactose**.
- Some individuals do not produce enough lactase to break down lactose

**Symptoms:** stomach cramps, bloating, nausea, diarrhea, and/or gas

- Not life-threatening








- Important to know actual diagnosis
- Terms have been used interchangeably – they are not the same!
- Accommodating milk allergy and lactose intolerance is different

# Lactose Intolerance

- **Lactose is present in products that contain milk**
  - **Severity of lactose intolerance varies**
    - Some individuals can tolerate more than others
- 



# Milk Allergy: Dairy Foods

Cannot drink milk or consume dairy products.

## Dairy Products

- Butter (all forms)
- Cheese (all types)
- Cheese dip/sauce/spread
- Coffee creamer
- Condensed milk
- Cottage cheese
- Cream cheese
- Crème fraiche
- Curd
- Custard
- Dried milk
- Evaporated milk
- Ice cream
- Pudding
- Ghee
- Half and half
- Heavy cream
- Ice cream
- Kefir
- Malted milk
- Milk (all forms, including all fat and flavored varieties)
- Powdered milk
- Pudding
- Sherbet
- Sour cream
- Skyr
- Quarg/quark
- Whipping cream
- Yogurt (all varieties)

# Other Foods That May Contain Milk

Cannot consume other foods that contain milk.

## Dishes, Foods, and Products That May Contain Milk

- Artificial butter flavor
- Baked goods (breads, cakes, cookies, crackers)
- Breeding on processed meat and poultry products
- Broths and stocks
- Candy (caramel, chocolate, nougat)
- Canned tuna (may contain casein)
- Deli meats
- Flavored chips
- Flavorings (artificial butter, caramel, or natural)
- Foods fortified with protein
- Granola mixes (butter)
- High protein flour
- Instant potatoes
- Luncheon meats, hot dogs, or sausages (may use casein as a binder)
- Milk substitutes (soy-based, nut-based, or rice-based dairy products, possible cross-contact)
- Protein powder (may contain whey or casein)
- Rice cheese
- Shellfish (may be dipped in milk to reduce fishy odor)
- Simplesse® (fat substitute)
- Soy cheese

- Cereals
- Baking mixes
- Battered products
- Sausages
- Egg dishes
- Spice mixes
- Salad dressings

# Dairy Ingredients

Cannot consume dairy ingredients.

## Dairy Ingredients

- Anhydrous butter oil
- Anhydrous milk fat (AMF)
- Butter acid
- Butter ester
- Butter oil
- Butterfat
- Dairy product solids
- Dehydrated yogurt
- Diacetyl
- Galactose
- Lactate solids
- Lactic acid
- Lactic acid starter culture
- Lactic yeast
- Lactitol monohydrate
- Lactose
- Lactulose
- Milk derivative
- Milk fat
- Milk protein
- Milk protein hydrolysate
- Milk solid pastes
- Milk solids
- Nisin
- Protein hydrolysate
- Recaldent™
- Sour cream solids
- Tagatose
- Yogurt powder

# Milk Protein Ingredients

Cannot consume milk protein ingredients.

## Milk Protein Ingredients

### Casein

- Ammonium caseinate
- Calcium caseinate
- Casein
- Casein hydrolysate
- Hydrolyzed casein
- Iron caseinate
- Magnesium caseinate
- Potassium caseinate
- Sodium caseinate
- Zinc caseinate

### Whey

- Acid whey
- Cured whey
- Delactosed whey
- Demineralized whey
- Hydrolyzed whey
- Lactalbumin
- Lactalbumin phosphate
- Lactoferrin
- Lactoglobulin
- Powdered whey
- Reduced mineral whey
- Sweet dairy whey
- Whey
- Whey powder
- Whey protein
- Whey protein concentrate
- Whey protein hydrolysate
- Whey protein isolate
- Whey solids

# Reading Food Labels

# Food Allergens on Food Labels

## Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA)

- Requires foods or ingredients that contain a "major food allergen" be specifically labeled

# Food Allergens on Food Labels

## Label Requirement(s)

### 1. Common/usual name

identifies food source **“Milk”**

**LOW FAT VANILLA FLAVOURED YOGHURT**  
**INGREDIENTS:** Skim Milk, Concentrated Skim Milk, Water, Sugar, Cream (From Milk), Thickeners (1422 (From Maize), 1442 (From Maize)), Milk Solids, Gelatine, Flavours, Acidity Regulators (331, 332, 270, 330), Enzyme (Lactase), Live Cultures.  
**Contains Milk and Milk Products.**

Common/Usual name

# Food Allergens on Food Labels

## Label Requirement(s)

2. Include common name in parentheses after name of ingredient “*Galactose (Milk)*”



In parentheses



# Food Allergens on Food Labels

## Label Requirement(s)

3. Immediately after or next to the list of ingredients in a “contains” statement  
*“Contains milk and soy”*

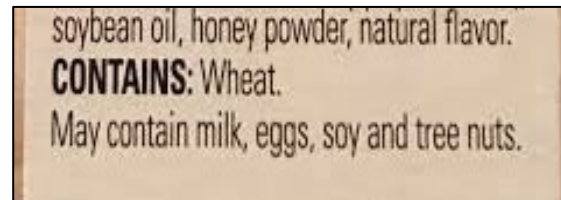
**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), **water, vegetable oil** (soybean, palm, canola and/or cottonseed), **sugar, leavening** (baking soda, sodium aluminum phosphate, monocalcium phosphate), **contains 2% or less of** salt, dextrose, spice, whey, eggs, soy lecithin.  
**Vitamins and Minerals:** Calcium carbonate, iron, vitamin A palmitate, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>12</sub>.  
**CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.**

Contains statement

# Food Allergens on Food Labels

## Advisory Statement(s)

1. May contain (allergen): ***“May contain milk”***
2. Produced in a facility that also uses (allergen):  
***“Produced in a facility that also uses milk”***  
***“Used on the same production line:”***



# Food Allergens on Food Labels



## Avoid foods with advisory statement:

- May contain trace amount of allergen due to cross-contact
- Cross-contact: When one food allergen comes into contact with another food

# Food Allergens on Food Labels

## Allergen – free claims are not regulated

- Product may be made in a facility where allergen is present
- Product may be free from milk and cream but not free of milk proteins
  - Always read ingredient list






## INGREDIENTS

Soy milk (Filtered Water, Soybeans), Cane Sugar, Corn Starch, Tricalcium Phosphate, Pectin, Natural Flavor, Dipotassium Phosphate, Sea Salt, Citric Acid, Live And Active Cultures, Mixed Tocopherols And Vitamin C Ester (to protect freshness), Vitamin D2.  
CONTAINS SOY.

We work hard to keep the information on this website up-to-date, but please check the label on your product for the most current ingredient statement.

# Food Allergens on Food Labels

## When in Doubt, Leave it Out!

- Manufacturers can change their recipe on how they make a certain product any time without notification
  - Always read the food label for potential food allergens every time a product is purchased
  - If necessary, contact manufacturer for clarification
- 

# Accommodating Meals

# Must Offer Modifications for Disabilities



Program must provide an appropriate substitute



Refer to medical statement



Work with family



May never require family to provide modification



# Accommodating Milk Allergy

## Serve Substitutions



- Specified foods to accommodate disability
- Prepare alternate foods

## Read Food Labels

<b>Nutrition Facts</b>	
Serv. Size:	1 oz (28 g/1 oz)
Servings:	6
Amount Per Serving	Calories 100, Fat Cal 35, Total Fat 4g (8% DV), Sat. Fat 0g (0% DV), Trans Fat 0g, Cholest. 20mg (7% DV), Sodium 35mg (1% DV), Total carb. 15g (5% DV), Fiber 1g (4% DV), Sugars 0g, Protein 3g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (4% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
<b>INGREDIENTS:</b> Gluten Free Flour ( Brown rice flour, sweet rice flour, tapioca starch, cornstarch, potato starch), Pure Cane Sugar, Fresh Eggs, Almond Flour, Almonds, (Dried Unblanched), Cranberries (Dried Sweetened), Fresh Orange Juice, Baking Powder, Aluminum Free(Sodium Acid Phosphate), Pure Vanilla Extract (water, alcohol, vanilla extractives), Fresh Orange Peel, Almond Extract	
Contains: Eggs, Almonds	

Ensure foods do not contain allergen

## Update Menus for All



Include more meals and snacks free of milk\*

## Review Menu with Family



Continuous communication on food served

\*Milk must still be served at breakfast, lunch and supper. However, meals can be free of milk ingredients in other food components.

# CACFP Meal Modification Ideas



# Breakfast Modification

How do you make your oatmeal?

Milk

OR

Water



Make oatmeal with water for all participants in your care



# Breakfast

How can you modify a cheese omelet?

Leave out cheese

Scrambled eggs without cheese/milk



Check food label for  
dairy products

# Plant-based or alternative cheeses are not creditable in the CACFP

Aim to serve a creditable meat/meat  
alternate. Alternative / plant-based  
cheese can be served as an extra.



- There is zero to minimal protein in these foods
- Ingredients are starch and oils

## NUTRITION

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% DV</b>	<b>Amount/serving</b>	<b>% DV</b>
	10 servings per container	<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carb.</b> 4g
Sat. Fat 4g		<b>20%</b>	Fiber 0g	<b>0%</b>
<b>Serving Size</b> <b>1 slice (22g)</b>	<i>Trans</i> Fat 0g		Total Sugars 0g	
	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars <b>0%</b>	
<b>Calories</b> <b>per serving</b> <b>60</b>	<b>Sodium</b> 170mg	<b>7%</b>	<b>Protein</b> 0g	
	Vitamin D 0mcg 0% • Calcium 140mg 10% • Iron 0mg 0% Potassium 8mg 0% • Vitamin B <sub>12</sub> 1mcg 40%			

L-00023US 1.00

## INGREDIENTS

Filtered Water, Potato Starch, Coconut Oil, Expeller Pressed: Canola and/or Safflower Oil, Salt, Tricalcium Phosphate, Vegan Natural Flavors, Pea Protein, Xanthan Gum, Lactic Acid (Vegan), Konjac Flour, Fruit and/or Vegetable Juice Color, Annatto Color, Vegan Enzyme, Vitamin B12.

[Learn more about our ingredients. >](#)

# Breakfast

## What about waffles?

- Check food label for "milk" products.
- Some mixes may contain milk. Consider making from scratch.
- Use water, approved milk alternative beverage, or applesauce to substitute the milk.



# Lunch/Supper

Chicken with alfredo sauce?





# Lunch/Supper

**Change menus to serve a  
tomato-based dish**

- No added cheese on top



# Lunch/Supper

Grilled cheese?



# Lunch/Supper

## Grilled ham or turkey and plant-based cheese (not creditable)

- Make ham or turkey and cheese melts for all participants



Check deli meat food label for  
dairy products

# Lunch/Supper

**Fish sticks, bread,  
cucumbers, pineapple,  
and milk**



# Lunch/Supper

Looking at the label to the right, can these fish sticks be served to a participant with a milk allergy?

**INGREDIENTS:** 65% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE YELLOW CORN MEAL, RANCH SEASONING [MALTODEXTRIN, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, DISODIUM INOSINATE & DISODIUM GUANYLATE, NATURAL FLAVOR, MODIFIED FOOD STARCH, BUTTERMILK], CORN STARCH, SALT, RICE STARCH, VITAL WHEAT GLUTEN, YEAST, LEAVENING [CREAM OF TARTAR, SODIUM BICARBONATE], TAPIOCA STARCH, MALTED BARLEY FLOUR).

CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

# Lunch/Supper



Milk is listed in the Contains Statement. These fish sticks cannot be safely served to participants with a milk allergy.

**INGREDIENTS:** 65% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE YELLOW CORN MEAL, RANCH SEASONING [MALTODEXTRIN, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, DISODIUM INOSINATE & DISODIUM GUANYLATE, NATURAL FLAVOR, MODIFIED FOOD STARCH, BUTTERMILK], CORN STARCH, SALT, RICE STARCH, VITAL WHEAT GLUTEN, YEAST, LEAVENING [CREAM OF TARTAR, SODIUM BICARBONATE], TAPIOCA STARCH, MALTED BARLEY FLOUR).  
CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.



# Lunch/Supper

## Find a fish stick that does not contain milk

- Need to have a Child Nutrition (CN) label or Product Formulation Statement (PFS)

## Make homemade fish sticks with fish filets

- Use breading that does not contain milk
- Use egg as base for breading



# Snacks

Cheese fish crackers?





# Snacks

Replace cheese fish  
crackers with pretzel  
“fishing” rods



# Snacks

Regular yogurt?



# Snacks

Soy yogurt



# Milk Component

# Must Offer Modifications for Disabilities



Program must provide an appropriate substitute



Refer to medical statement



Not required to provide exact modification requested, must determine a reasonable modification



May never require family to provide modification

# Let's Talk the Milk Component

**Participants with a milk allergy  
or lactose intolerance cannot  
consume regular milk**





Participants with a milk allergy or lactose intolerance (most likely) have a **medical statement** that specifies an **appropriate substitution**.

# Milk Substitutions for Disability

**Offer to provide the substitute specified on statement...might be.....**

- Oat milk\*
- Almond milk\*
- Other non-dairy beverages\*
- Lactose-free milk (lactose intolerance only)
- Creditable soy milk



**\*Not creditable: Okay to serve and claim meals when supported with a medical statement for disability**



# Milk Substitute Requests: Non-Disability



- General health concern and/or preference such as eating organic, vegetarian, religious or ethnic preferences
- Requests not supported by a valid written medical statement

# Non-Disability Requests



Programs not required, encouraged to accommodate



Accommodations must be creditable & all components served



Families may provide one creditable component

# Creditable Milk Substitutes

- Lactose-free milk
- Creditable non-dairy beverages
  - Some soymilks
  - Ripple milk (non-soy)(specific items only)



# Creditable Non-Dairy Beverages

## Creditable Non-Dairy Beverages (Fluid Milk Substitute)

[\(Creditable Non-Dairy Beverages Spanish\)](#)

[\(Creditable Non-Dairy Beverages Hmong\)](#)



### Creditable Non-Dairy Beverages (Fluid Milk Substitute)

A creditable non-dairy beverage meets or exceeds the amount of nutrients found in one cup of cow's milk and can be served as a creditable fluid milk substitute in the Child and Adult Care Food Program (CACFP).

#### Nutrient Requirements

Creditable non-dairy beverages must meet or exceed the nutrient requirements provided in the table below.

- Creditable non-dairy beverages are not required to be low-fat or fat-free.
- When served to children 1-5 years old, they must be unflavored.

Nutrients	Requirement per cup (8 fluid oz.)
Protein	8 grams
Calcium	276 mg
Vitamin A	500 IU or 150 mcg
Vitamin D	100 IU or 2.5 mcg
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	.44 mg
Vitamin B-12	1.1mcg

Beverages that do not meet or exceed the nutrient requirements in the table above, for example almond, cashew, coconut, hemp, oat, and rice milks, water, and juice, cannot be served as a milk substitution unless a valid medical statement for a disability is on file.

#### Requests for a Creditable Non-Dairy Beverage

A creditable non-dairy beverage may be served when there is a written and signed request from parents, guardians, adult participants or the caregivers of an adult participant, or a medical authority. The request must include the reason for the substitution. Any reasonable request can be accepted (e.g., milk allergy/intolerance, dietary preference, or religious, cultural, or ethical reasons).

#### List of Creditable Non-Dairy Beverages

Products listed on the following page were evaluated by DPI CNT and meet or exceed nutrient levels as of 5/20/2022. Products are not endorsed by the Wisconsin Department of Public Instruction (DPI).

If serving a product not listed, programs are responsible for ensuring that it meets or exceeds nutrient requirements by comparing the nutrients listed on the Nutrition Facts label to the nutrient requirements listed above. If amounts of all nutrients are the same or more, the beverage is creditable.

# Non-Creditable Beverages

- Almond milk
- Cashew milk
- Coconut milk
- Hemp milk
- Oat milk
- Rice milk
- Water
- Juice



**A medical statement for a disability is required to be on file to serve these beverages and claim meals for reimbursement.**



[This institution is an equal opportunity provider.](#)