

CACFP MILK REQUIREMENTS



FAT-FREE AND LOW-FAT MILK: Milk served in the CACFP must be consistent with the most recent version of the Dietary Guidelines for Americans. The 2010 Dietary Guidelines recommend that persons **over two years** of age consume low-fat (1%) or fat-free (skim) fluid milk. Therefore, fluid milk served in CACFP to participants two years of age and older must be: fat-free or low-fat milk, 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. Milk served must be pasteurized fluid milk that meets 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. If served, the meal is not reimbursable and will be disallowed.**

WHOLE MILK: It is **recommended**, but not required, that children **12 through 23 months** of age be served whole milk only.

Can a parent or guardian request that their child (2+) be served whole or reduced fat (2%) milk? No. It is required that milk served to children in the CACFP be aligned with the most recent Dietary Guidelines for Americans. The 2010 Dietary Guideline for Americans recommends that persons over the age of two, consume low-fat (1%) or fat-free (skim) milk. Therefore, any request for higher fat milk must be made through a medical statement, related to a medical disability and prescribed by a licensed physician.

NON-DAIRY BEVERAGES:

What if a child is not able to consume fluid milk due to a MEDICAL or OTHER SPECIAL DIETARY NEED (documentation required from doctor), other than a disability? Non-dairy beverages may be served in lieu of fluid milk. Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. (Call your sponsor for specific details on nutrition requirements) **If this substitution is provided by the childcare provider or the parent, it is reimbursable.**

What if a parent or guardian requests in writing a non-dairy milk substitutions (without providing a doctors note) due to choice (for example: vegan diet)? The parent can submit a written request to the child care provider asking that soy milk, for example, be served in lieu of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. **Such substitutions are at the option and the expense of the facility. This means if the provider supplies the substitution, the meal is reimbursable. If the parent supplies the substitution, the meal is NOT reimbursable.**

When submitting menus for review, do providers need to document the type of milk that they serve? **NO;** providers are not required to document the **type** or milk that is being served. However; they must ensure that children of various ages seated at the same meal receive the appropriate type of milk.

We are here to assist you, so please feel free to contact your coordinator or our office with any questions regarding CACFP milk requirements.



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