

## **Milk Substitutions & Creditable Milks In the Florida Child Care Food Program**

For children ages 1 and older, CCFP regulations require that each child's breakfast, lunch, and supper must include fluid milk to be eligible for reimbursement. Fluid milk may also be served as one of the two components of a snack.

**Creditable fluid milks include breastmilk, as well as pasteurized fluid types of unflavored or flavored cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk.**

The Healthy, Hunger-Free Kids Act (HHFKA) of 2010 allows the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk for those children with special dietary conditions, other than a disability, who cannot drink any of the creditable milks above. Non-dairy milk substitutes must meet specific nutritional standards as noted on page 2.

In addition, the HHFKA allows *parents or guardians to request in writing non-dairy milk substitutions without providing a medical statement*. The written request must identify the medical or special dietary condition that restricts the diet of the child, such as milk allergy or vegan diet.

Child care providers or parents may provide the non-dairy beverage. However, in order for the meal to be reimbursable, the non-dairy beverage must be nutritionally equivalent to fluid milk.

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### **The following non-dairy (soy-based) beverages meet required nutritional standards for approved milk substitutions:**

- 8<sup>th</sup> Continent Soymilk Original
- 8<sup>th</sup> Continent Soymilk Vanilla
- Great Value Soymilk Ultra-Pasteurized
- Kirkland Organic Soymilk Plain
- Pacific Ultra Soy Plain
- Pacific Ultra Soy Vanilla
- Silk Original Soymilk
- Sunrich Naturals Soymilk Original
- Sunrich Naturals Soymilk Vanilla
- Westsoy Organic Plus Plain Soymilk
- Westsoy Organic Plus Vanilla Soymilk

**Each of the companies listed has information regarding product availability on their websites:**

[www.8thcontinent.com/product-finder/](http://www.8thcontinent.com/product-finder/)  
[www.walmart.com/](http://www.walmart.com/)  
[www.costco.com](http://www.costco.com)  
[www.pacificfoods.com/retail-stores/](http://www.pacificfoods.com/retail-stores/)  
[www.silk.com/where-to-buy](http://www.silk.com/where-to-buy)  
[www.sunrich.com/where-to-buy.html](http://www.sunrich.com/where-to-buy.html)  
<http://www.westsoymilk.com/store-locator/>

If a child care provider has any question about these or other non-dairy beverages, please contact the State office at 850-245-4323 for assistance.

**Non-dairy beverages must meet the following specific nutritional standards for the fortification of protein, calcium, vitamin A, vitamin D, magnesium, phosphorus, potassium, riboflavin, and vitamin B<sub>12</sub> to be considered nutritionally equivalent to milk.**

<b>Nutrient</b>	<b>Requirement Per Cup</b>	<b>% of Reference Daily Intakes</b>
Protein	8 grams	
Calcium	276 mg	About 28% $1000 \text{ mg} \times .28 = 280 \text{ mg}$
Vitamin A	500 IU	10% $5000 \text{ IU} \times .10 = 500 \text{ IU}$
Vitamin D	100 IU	25% $400 \text{ IU} \times .25 = 100 \text{ IU}$
Magnesium	24 mg	6% $400 \text{ mg} \times .06 = 24 \text{ mg}$
Phosphorus	222 mg	About 22% $1000 \text{ mg} \times .22 = 220 \text{ mg}$
Potassium	349 mg	
Riboflavin	.44 mg	About 26% $1.7 \text{ mg} \times .26 = .44 \text{ mg}$
Vitamin B <sub>12</sub>	1.1mcg	About 18% $6 \text{ mcg} \times .18 = 1.08 \text{ mcg}$

### **QUESTIONS AND ANSWERS**

**1. Is a child care provider required to provide a non-dairy milk substitute if it is not related to a medical disability?**

No. It is at the child care provider's discretion to provide an approved non-dairy milk substitute if it is not related to a medical disability.

**2. Will child care providers receive additional meal reimbursements if they provide a non-dairy milk substitution?**

No. All non-dairy milk substitutions are at the expense of the child care provider and/or the child's parent or guardian.

**3. If a parent provides a creditable non-dairy milk substitute, can the child care provider serve it and still receive reimbursement?**

Yes. If a parent provides a non-dairy milk substitute that meets the nutritional standards as outlined in 7 CFR 210.10(m)(3) and that has been approved by the State agency, the child care provider may serve the non-dairy milk substitute and still claim reimbursement for the meal.

**4. If a parent can request a non-dairy milk substitute that is equivalent to cow's milk, can the parent also request that their child be served whole or reduced-fat (2%) milk?**

No. The Act requires that milk served to children in the Child Care Food Program be aligned with the most recent version of the Dietary Guidelines for Americans. The 2010 Dietary Guidelines for Americans recommends that persons two years of age and older consume low-fat (1%) or fat-free (skim) milk. Therefore, any request for higher fat milk must be made through a medical statement, be related to a medical disability, and prescribed by a licensed physician.

**5. What if the parent agrees to provide the non-dairy substitute, but brings in one that does not meet the USDA's nutritional standards; can the child care provider serve it and still receive reimbursement?**

No. Child care providers should inform parents about the types of creditable non-dairy milk substitutes. If a non-dairy milk substitute is served that does not meet the nutritional standards outlined in 7 CFR 210.10(m)(3), then the meal is not reimbursable.

**6. If a center purchases and serves a non-creditable soy or rice milk to a child in place of milk at meals, upon written request of the parents, would the center be allowed to charge the cost of the soy/rice milk as an operational cost?**

No. FNS Instruction 796-2, Exhibit B considers the cost of foods or meals that do not meet CCFP specifications as unallowable costs. The center is encouraged to see if the parent would consider one of the soy milks on the State's approved list so that the meals could be reimbursed.

**7. When submitting menus for review, do child care providers need to document the type of milk that they serve?**

No. Child care providers are not required to document the type of milk served on their menus. However, it is the responsibility of the State or sponsor, as applicable, to ensure that the correct type of milk is being served when conducting reviews.

**8. What type of milk may one-year-old children be served?**

It is strongly recommended that children 12 through 23 months of age be served whole milk. The milk requirements for children one year of age remain unchanged at this time.

**9. If one-year-old and two-year-old children sit together for the same meal, must they be served different types of milk?**

Yes. Children two years of age and older must be served low-fat (1%) or fat-free (skim) milk and it is recommended that children one year of age be served whole milk. Child care providers must ensure that children of various ages seated at the same meal receive the appropriate type of milk.

**10. What happens if a child care provider serves reduced-fat (2%) or whole milk to children age two and older?**

Effective October 1, 2011, meals served to participants two years of age and older that include reduced-fat (2%) or whole milk are not reimbursable and must be disallowed. In addition, the child care provider should submit a corrective action plan and the State agency or sponsor should follow-up to ensure that it has been successfully implemented.