

NON-DAIRY MILK SUBSTITUTES IN THE CACFP

ISBE Nutrition Division

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Topics

- What is a creditable milk substitute?
 - Reading nutrition labels
- Can I serve a non-creditable milk substitute?
- Documentation needed for a milk substitute
 - Medical Statement Vs. Parent Preference
 - Requirements of each
- List of compliant milk substitutes
- Non-compliant milk substitutes

What is a Creditable Milk Substitute?

- For children who cannot consume dairy milk (due to a medical disability), or who do not wish to consume milk for religious or ethical reasons, non-dairy beverages may be served in place of milk.
- **A non-dairy milk substitute must be nutritionally equivalent to cow's milk to be creditable.**
- Non-dairy beverage substitutions are served at the option and the expense of the center or day care home.

What Constitutes a Creditable Milk Substitute?

USDA Minimum Nutrients per Cup (8 fl oz) for Milk Substitutes	
Nutrient	Nutrient Values
Calcium	276 mg
Protein	8 g
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	0.44 mg
Vitamin B-12	1.1 mcg
g=grams; mg=milligrams; mcg=micrograms; IU=international unit	

This can be found on page 18 of the CACFP Crediting Handbook:

<https://fns-prod.azureedge.us/sites/default/files/resource-files/crediting-handbook.pdf>

What Constitutes a Creditable Milk Substitute?

- Tip: When reading a nutrition label to determine if a non-dairy milk substitute is nutritionally equivalent to cow's milk, start by looking at the **protein**.
 - Protein is typically where non-dairy milk substitutes fall short of the nutrition requirements.

Nutrient	Nutrient Values
Calcium	276 mg
Protein	8 g
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	0.44 mg
Vitamin B-12	1.1 mcg

g=grams; mg=milligrams; mcg=micrograms; IU=international unit

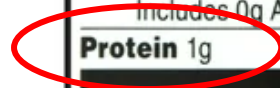
Example 1:



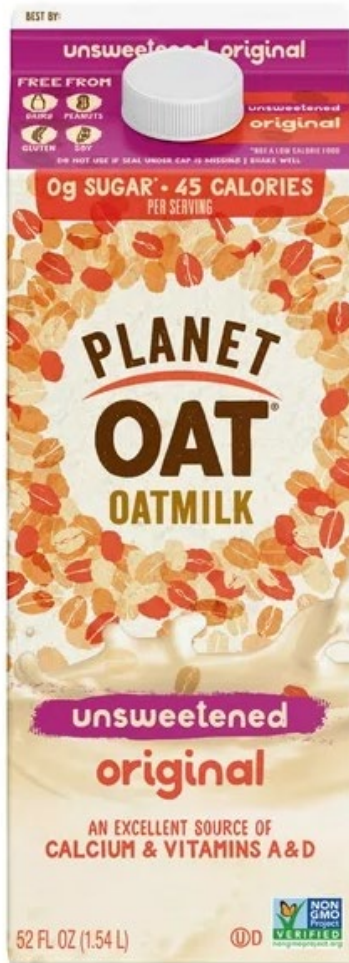
Nutrition Facts	
8 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 1g	0%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 2.5mcg	15%
Calcium 450mg	35%
Iron 0.4mg	2%
Potassium 160mg	4%
Vitamin A 150mcg	15%
Vitamin E 4mg	25%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Example 2:



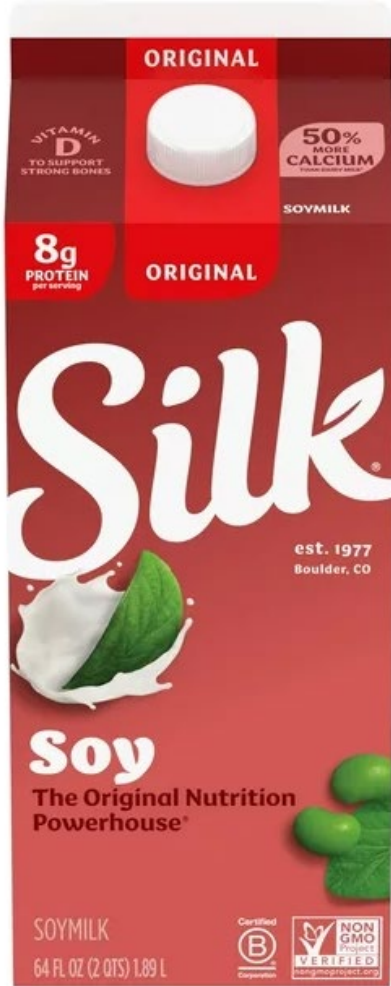
Nutrition Facts	
About 6 servings per container	
Serving size 1 cup(240mL)	
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Soluble Fiber less than 1g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 4mcg	20%
Calcium 350mg	25%
Iron 0.7mg	4%
Potassium 340mg	8%
Vitamin A 180mcg	20%
Riboflavin 0.13mg	10%
Vitamin B ₁₂ 0.24mcg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Example 3:



Nutrition Facts

About 8 servings per container
Serving size 1 cup (240mL)

Amount per serving	
Calories	110
	% Daily Value
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%

Sodium 90mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 8g	16%

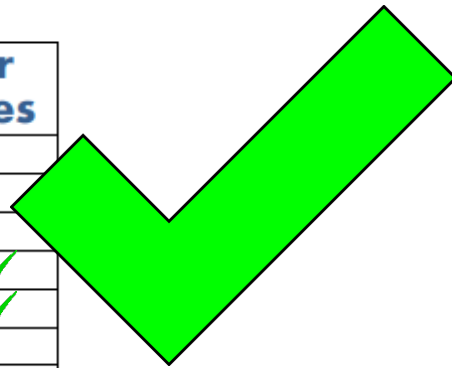
Vitamin D 3mcg	15%	Calcium 470mg	35%
Iron 1.1mg	6%	Potassium 370mg	8%
Vitamin A 150mcg	15%	Riboflavin 0.44mg	35%
Folate 50 mcg DFE	10%	Vitamin B12 2.5mcg	100%
Phosphorus 230mg	20%	Magnesium 40mg	16%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

USDA Minimum Nutrients per Cup (8 fl oz) for Milk Substitutes

Nutrient	Nutrient Values
Calcium	276 mg ✓
Protein	8 g ✓
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	0.44 mg ✓
Vitamin B-12	1.1 mcg ✓

g=grams; mg=milligrams; mcg=micrograms; IU=international unit



Can I Serve a Non-Creditable Milk Substitute?

- A non-creditable milk substitute can only be served as part of a reimbursable meal when there is a signed medical statement on file.
- A medical statement is required for non-dairy substitutions due to a disability for substitutes that **do not meet the nutritional standards of cow's milk.**
 - Requiring non-dairy beverages to be nutritionally equivalent to cow's milk ensures children receive vital nutrients needed for growth and development.
 - A medical statement for non-dairy beverages that are not nutritionally equivalent to cow's milk provides the assurance that the beverage substitute is meeting the nutritional needs of the child.

Documentation- For a Child with a Disability

- Medical Authority Modified Meal Request Form
 - 3 Things should be addressed:
 1. Information about the child's physical or mental impairment that is sufficient to allow the CACFP facility to understand **how it restricts the child's diet** (diagnosis not required and should not be requested),
 2. An explanation of what must be done to accommodate the child's disability, and
 3. Food(s) to be omitted ***and*** recommended alternatives.
- Must be signed by a licensed physician or a licensed health care professional who is authorized by State law to write medical prescriptions
- Seek clarification if inadequate or unclear
- Clarification should not unnecessarily delay modification

Documentation- For a Child with a Disability

- Medical Authority Modified Meal Request Form
 - <https://www.isbe.net/Documents/Medical-Authority-Modified-Meal-Request-Form.pdf>

MEDICAL AUTHORITY MODIFIED MEAL REQUEST FORM

For Use in the USDA School Nutrition Programs, Child and Adult Care Food Program, & Summer Food Service Program

This form may be used to request a meal modification for a child with a physical or mental impairment that restricts their diet. Portions of this form must be completed by a State Licensed Healthcare Professional, which refers to an individual authorized to write medical prescriptions under Illinois law.

SECTION 1: CHILD INFORMATION

Child's Name: _____ Date of Birth: _____

Facility Name: _____ Age/Grade: _____

SECTION 2: MEAL MODIFICATION INFORMATION
TO BE COMPLETED BY A STATE LICENSED HEALTHCARE PROFESSIONAL

1. Provide a description of the child's physical or mental impairment and how it restricts their diet and/or access to meal programs.

2. Are there any food items and/or ingredients that must be avoided? Yes No

If yes, please list the food items and/or ingredients to be avoided.

List alternatives that may be provided for any items or ingredients above.

3. List any additional modifications and/or services needed to accommodate the child's impairment or disability.

SECTION 3: SIGNATURES

Parent/Guardian Name: _____ Relationship: _____

Phone: _____ Email: _____

Parent/Guardian Signature: _____ Date: _____

Medical Authority Name (First & Last) _____

Medical Authority Signature _____ Date _____

Documentation for a Parent Preference

- Parents/guardians should provide a written request for a non-dairy milk substitution that is nutritionally equivalent to milk. A medical statement is not required.
 - For example, if a parent has a child who follows a vegan diet, the parent should submit a written request to the child's center or day care home asking that soy milk be served in place of cow's milk. The written request should identify the medical or other special dietary need that restricts the diet of the child.

Documentation- For a Parent Preference

- Preference Modified Meal Request Form
- Statement may be requested but is not required for substitutions within meal patterns
- This form is to be used only when serving a **creditable** milk substitute
 - Such as soymilk
 - 3 Things should be addressed:
 1. A description of how the child's diet is restricted
 2. Food(s) to be omitted
 3. And recommended alternatives.
- Should be signed by parent/guardian

Documentation- For a Parent Preference

- Parent Preference Modified Meal Request Form
 - <https://www.isbe.net/Documents/Preference-Modified-Meal-Request-Form.pdf>

PREFERENCE MODIFIED MEAL REQUEST FORM
For Use in the USDA School Nutrition Programs, Child and Adult Care Food Program, & Summer Food Service Program

This form may be used to request a meal modification for a child with a preference (i.e., not a physical or mental impairment) that restricts their diet. Please note, federal regulations provide meal program Sponsors with the option to accommodate food preferences.

SECTION 1: CHILD INFORMATION

Child's Name: _____ Date of Birth: _____
Facility Name: _____ Age/Grade: _____

SECTION 2: MEAL MODIFICATION INFORMATION

1. Provide a description of how the child's diet is restricted.

2. Are there any food items and/or ingredients that must be avoided? Yes No

If yes, please list the food items and/or ingredients to be avoided.

List alternatives that may be provided for any items or ingredients above.

3. List any additional modifications needed to accommodate the child's preference.

SECTION 3: SIGNATURES

Parent/Guardian Name: _____ Relationship: _____
Phone: _____ Email: _____
Parent/Guardian Signature: _____ Date: _____

List of Known Creditable Milk Substitutes

Non-Dairy Milk Substitutes Meeting USDA Substitution Criteria

These lists are for informational purposes and do not imply endorsement by ISBE or the USDA.

The lists below may be used for informational purposes only. CACFP facilities remain responsible for obtaining the nutrition information to document that a product meets the requirements of the USDA nutrition standards for milk substitutions.

- Available on our website at:
 - <https://www.isbe.net/Documents/allowable-milk-substitutions-cacfp.pdf>

Milk Substitutes Meeting the USDA Nutrition Standards

Flavored Milk Substitutes (only for children age 6 and older)

Manufacturer	Product Name	Container Size (Fl Oz)
West Life	West Life Organic Plain Soy Milk with Calcium and Vitamin D	32 or 64 oz
Silk	Silk Original Soymilk	Quart, half gallon, twin pack, or three pack
Stremick's Heritage Foods	8 th Continent Original Soymilk	Half gallon or 8 oz carton
Kikkoman	Pearl Organic Soymilk-Smart Original	8.25 oz boxes (24/case)
Walmart	Great Value Original Soymilk	64 oz carton
Campbells Food Service	Pacific Foods Ultra Soy Original Plant-based Beverage	32 fl oz
Ripple Foods	Ripple Dairy-free Milk, Original, aseptic package	Shelf Stable 8 OZ & 32 OZ Plant Based Milks

Non-Compliant Milk Substitutes

- **Water** and **juice** can never be substituted for milk as part of a reimbursable meal



Contact Us

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