

Catholic Charities Maine - 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. Flavored milk must be skim and may not be served to children younger than 6 years of age. **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 **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. **If this substitution is required by a doctor, it must be provided by the institution for the meal to be reimbursable.**

What if a parent or guardian requests in writing a non-dairy milk substitution (without providing a doctor's 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. 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. **Either the provider or the parent can supply the substitution, the meal is reimbursable.**

The type of milk being served to each age group must be documented for the monitor to determine that appropriate milk is being served to each child. If providers are serving family style meals, cups must be big enough to hold the entire minimum serving size of milk.