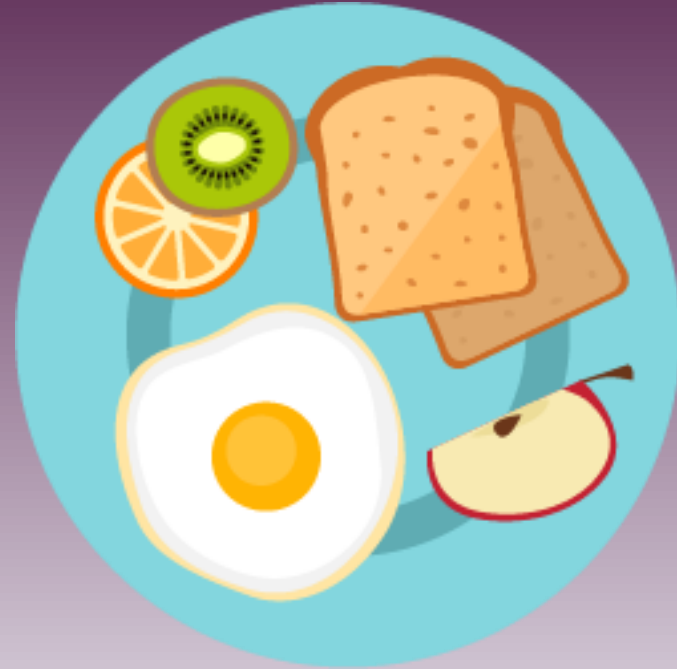


Serving Milk in the CACFP



It is a CACFP Requirement for Milk to be served with:

- Breakfast
- Lunch
- Supper



Milk is NOT required for snack meals

Milk Component



This handout provides information about the new milk requirements for children 1 year and older and adult participants in the Adult Care Component. A separate handout on the new infant meal pattern requirements will be distributed. The term Program refers to all facility types: group child care centers, family day care homes, afterschool programs, emergency shelters and adult care centers.

NEW

New Requirements Effective October 1, 2017

- Milk served to one year olds must be unflavored whole milk.
- A one-month transition period is allowed for children 24 months to 25 months old. They may have whole or reduced-fat (2%) milk as they transition to low-fat (1%) or fat-free (skim) milk.
- Flavored milk, including flavored non-dairy beverages, cannot be served to children 1 through 5 years old.
- Fat-free flavored milk and flavored non-dairy beverages can be served to children 6 years and older, as well as adult participants.
- **Adult Care Centers Only:** Yogurt (6 ounces by weight or ½ cup by volume) may be served to adults in place of fluid milk once per day.

What can you start doing now?

All new milk requirements may start being implemented now.



Q&A

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

Yes, starting October 1, 2017, children 2 years old and older must be served unflavored low-fat or fat-free milk and children one year of age must be served unflavored whole milk. The fluid milk requirements are based on age to ensure that children are receiving the nutrients they need for growth and development. Programs must ensure that children of various ages seated together receive the appropriate type of milk.

Flavored Milk & Syrup

Children 1 through 5 years old

- Flavored milk is not allowed as part of a reimbursable meal.
- Syrup (including zero calorie and sugar-free syrups) cannot be added to unflavored milk because this turns the beverage into flavored milk.



Children ages 6 years and older and adult participants

- If served, flavored milk must be fat-free.
- Syrup (including zero calorie and sugar-free syrups) may only be added to fat-free (skim) milk.

Why Can't Flavored Milk be served to Children under 6 Years Old?

Research indicates that flavor and food preferences are shaped early in life and that the more sweet foods children consume, the more they prefer sweet foods. It is important to establish in young children the habit of drinking unflavored milk as they develop their taste preferences.

Recordkeeping Requirements



All Programs must document the type of milk served on their menus. This includes listing the fat content (e.g. whole, low-fat or 1%, and fat-free or skim) and if the milk is flavored.

Pop Quiz



True or False:

Sugar-free syrups may be added to milk for children ages 1 through 5 years old.

See next page for the answer...



Serving Milk in the CACFP



Serving Milk in the CACFP



United States Department of Agriculture

Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.

Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.

For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

The Facts on Flavored Milk

Flavored milk cannot be part of a reimbursable snack for children 5 years old and younger.

Homemade flavored milk made by adding syrups, and powders to unflavored milk is not allowed.

Flavored milk served to children 6 years and to adults must be fat-free (skim) or low-fat (1%) milk.

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12 months through 23 months (1 year through 1 year and 11 months)

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More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.



One Year Olds (4oz)

- Whole unflavored milk is required
- Classrooms with 1 & 2 year olds must serve
 - Whole milk to 1 year olds
 - 1% or skim to 2 year olds and up



Two to Five Year Olds **3-5 (6 oz)**

Must serve...

- **Unflavored low-fat (1%) milk or fat-free (skim) milk**
- **NO Flavored Milk**

6 Years & Older and Adult Participants (8 oz)

- **Unflavored** low-fat (1%) or
- **Fat-free** (skim) milk

- **Flavored Milk 1%**
 - Only fat-free (skim)



Non-Dairy Substitutes



GRADE A | VITAMINS A&D

Soy Milk is Creditable



Can babies drink
almond milk?



ALMOND MILK IS **NOT** CREDITABLE



Almond Milk with A Dr. written note on file



Serving Milk in the CACFP



United States Department of Agriculture



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12 months through 23 months

(1 year through 1 year and 11 months)

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2 years through 5 years

(up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 23 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

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For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and to adults must be fat-free (skim) or low-fat (1%).

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.




Serving Milk in the CACFP

USDA
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Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.



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Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served children 6 years old and older and to adults must be fat-free (skim) or low-fat (1%).

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Water

- **Must be offered** and made available **throughout the day to children**
- Mealtimes:
 - May not be served in place of milk, but can be offered alongside milk at meals
 - May be served at snack with 2 other creditable components



Are you purchasing enough Milk?



Milk Disallowance

- Centers **MUST** purchase enough Milk Monthly for a complete reimbursement.
- 1 Gallon of Milk result in 21 meals Disallowed
- Milk shortage is a program violation.



Check your Milk Daily?

- 1. Enter your meals Minute Menu DAILY!**
- 2. Enter your Milk receipts into Minute Menu**
- 3. Check the Milk Audit**
- 4. Complete the Milk Calculation sheet in Excel**

Serving Milk in the CACFP



For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

is a 1-year-old at your family child care home and eats lunch at the same time
rick, who is 2 years old. What type(s) of milk may you serve each child?

s Age:

Darrick's Age:

) of Milk:

Type(s) of Milk:

is a 5½-year-old who attends your family child care home.
kind(s) of milk may you serve her in the CACFP?

's Age:

) of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

No, you may only serve milk INSTEAD of yogurt once per day, to adult participants only.

Any Questions!

