

New Water and Milk Requirements in the CACFP



OSPI/Child Nutrition Services 2011-12 CACFP Child Care Annual Center Training

Healthy, Hunger-Free Kids Act of 2010

USDA guidance for implementing two new provisions of this act, which are:

- Water availability in the Child and Adult Care Food Program
- Nutrition requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program

Water Availability in the Child and Adult Care Food Program

- Water must now be made available to children to drink upon request, throughout the day, including at meals
- Does not need to be self-serve
- Not part of the reimbursable meal
- May **not** be served in place of fluid milk

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Ways to serve water:



Other suggestions:

- ❖ Water pitcher and cups
- ❖ Staff can provide it upon child's request

Other Requirements:

- No water pitcher on dining tables at meals
- Water must be provided in a second glass
- Pre-plated meal service – all must have glass of milk
- Family style service

When must I start doing this?

- The time is NOW!



- Effective immediately
- Full compliance by October 1, 2011

Nutrition Requirements for Fluid Milk

Child care centers **must** now serve one of the following to ALL children age 2 and over:

- ❖ Fat-free or 1% milk
- ❖ Fat-free or 1% lactose reduced milk
- ❖ Fat-free or 1% lactose free milk
- ❖ Fat-free or 1% buttermilk
- ❖ Fat-free or 1% acidified milk



Additional fluid milk information:

- Fat-free milk = Skim milk = Non-fat milk
- Low-fat milk= 1% Milk

- Milk can be flavored or unflavored
- Milk served to children under age two not addressed

Serve Only:

1% Milk

OR

Fat Free Milk

if age 2 or over



Use of Fluid Milk Substitutions

- For children who can't consume fluid milk due to medical or special dietary needs

- Must be nutritionally equivalent to milk

- Current approved products in WA are:

Approved Fluid Milk Substitutions

Pacific Ultra Soy
<http://www.pacificfoods.com/where-to-buy>

8th Continent Soymilk
<http://www.8thcontinent.com/product-finder/>

Non-dairy Beverages

- Parent must request in writing
- Must include the medical or special dietary need
- Substitutions at the option and expense of the center
- Medical statement not needed in this case
- Requirements for milk substitutions for child with medical disability & has medical statement are unchanged

CACFP Parent/Guardian Request for Fluid Milk Substitution

Parents or guardians may now request in writing non-dairy milk substitutions for their children with special dietary needs without providing a medical statement. The non-dairy beverage offered must be nutritionally equivalent to milk and meet the nutritional standards set by the United States Department of Agriculture (USDA). At this time, the products available in Washington meet the USDA regulations: 8th Continent Soymilk (Original or Vanilla) and Pacific Ultra Soy (Plain or Vanilla). No other non-dairy beverages are acceptable without a written statement specified by a recognized medical authority.

Institution/Site Information
 Name of child care provider/center: _____
 This child care provider/center provides one of the approved non-dairy beverages, 8th Continent Soymilk (Original or Vanilla) or Pacific Ultra Soy (Plain or Vanilla), as a milk substitute.
 This child care provider/center has chosen not to provide non-dairy milk substitutes.

Parent/Guardian Information
 Name of participating child: _____ Date of birth: _____
 Identify why your child requires a non-dairy milk substitute: _____
 I request that my child is served the center provided approved non-dairy milk substitute described above at meals that require milk.
 I am aware that the center is not providing non-dairy milk substitutes. I will provide one of the approved non-dairy beverages for my child.
 I am providing an unapproved non-dairy milk substitute for my child. I understand that the center cannot claim meals that require milk unless I get a written statement from a recognized medical authority.

Signature of Parent/Guardian: _____ Date: _____

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Questions????