



Meeting Fluid Milk Requirements in CACFP



Bright from the Start: Georgia Department of Early Care and Learning

www.dec.state.ga.us

Training Objective

- Provide participants with an increased knowledge on milk requirements within the Child and Adult Care Food Program.
- Increase understanding on milk requirements per age group for mandated compliance.
- Provide participants additional information on purchasing the correct amount of milk for compliance in program.

Purpose of the Child and Adult Care Food Program

- The Child and Adult Care Food Program (CACFP) is a program under the U.S. Department of Agriculture's Food and Nutrition Service (FNS) whose mission is to alleviate hunger and to safeguard the health and nutritional well being of the Nation through the administration of nutrition education and domestic food assistance programs.

Nutrition Services Vision Statement

Working together with our partners
to eradicate hunger and ensure
nutritious meals for **all** Georgians!

Non-Discrimination Statement

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- (1) **mail:** U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) **fax:** (202) 690-7442; or
- (3) **email:** program.intake@usda.gov

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Nutrition Standards for CACFP Meals and Snacks

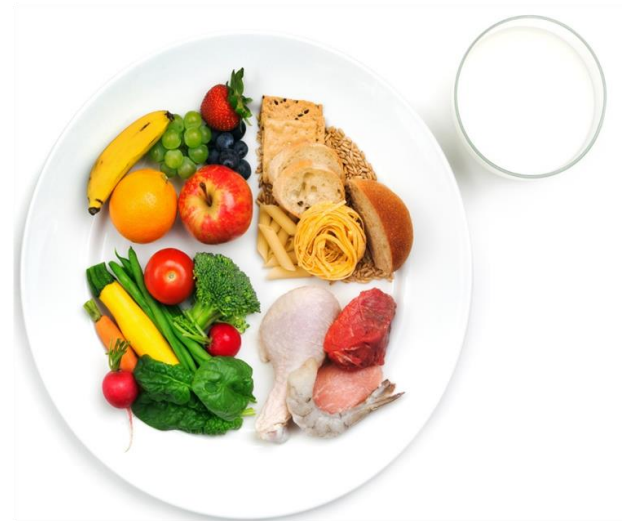
- Centers and day care homes offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting the wellness, health, and development of children, older adults, and chronically impaired disabled persons through the provision of nutritious foods.
- Child care providers, in particular, have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

Nutrition Standards for CACFP Meals and Snacks

- Through the Healthy, Hunger-Free Kids Act, USDA made the first major changes in the CACFP meals and snacks that will help ensure children and adults have access to healthy, balanced meals and snacks throughout the day.
- Under the updated CACFP nutrition standards, meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. These updates align with the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and with other Child Nutrition Programs.

Nutrition Standards for CACFP Meals and Snacks

- These improvements are expected to enhance the quality of meals served in CACFP to help young children learn healthy eating habits early on in their lives and improve the wellness of adult participants.



Program and Meal Patterns Definitions



CFR 226

- The Code of Federal Regulations (CFR) is an annual codification on the general and permanent rules published in the Federal Register by the executive departments and agencies of the Federal Government.
 - The **7 CFR 226** are the federal rules that govern the Child and Adult Care Food Program (CACFP).



Components

A food grouped in a certain category according to the CACFP meal pattern.

There are **5 components**:

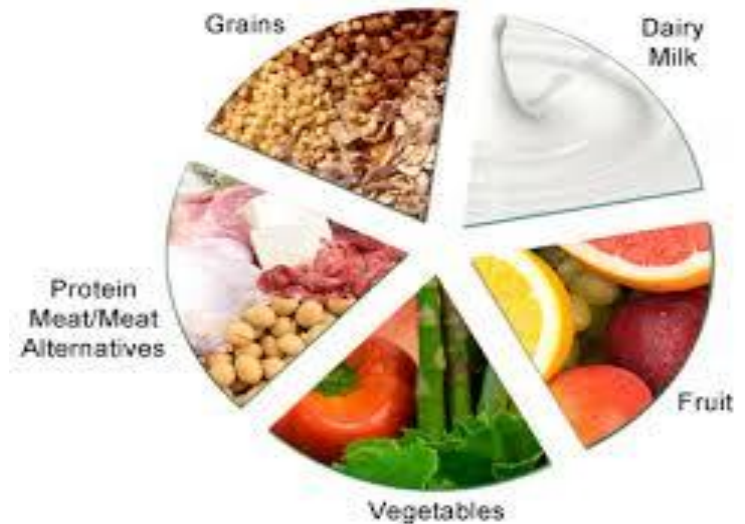
1 Grains

2 Meat/Meat alternates

3 Fruits

4 Vegetables

5 Milk



The fruit and vegetable component is now **2** separate components. Today's topic is Milk component.

CACFP

Meal Pattern Requirements



Requirements

- Milk is required at Breakfast and Lunch for all participants unless a medical statement is on file.
- Fluid Milk can be an option for adult participants for meals except at snack.
- Snacks require 2 out of 5 components to be served. If milk is served it must be the appropriate milk. Two fluids can not be served together for a reimbursable snack.

Milk within The Child and Adult Care Food Program





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 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 the ages of 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 35 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

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 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 to children 6 years old and older and adults must be fat-free (skim).

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



Why is Milk Important?

- Milk is a critical component of the CACFP meal patterns because it provides nutrients that are vital for health and maintenance of the body.
- Consuming dairy products, especially milk, is especially important to bone health during childhood and adolescence when bone mass is built.
- Milk contains nutrients like calcium, potassium, vitamin D and protein.

One Year Old Milk Requirement

As of October 1, 2017

- One year old children must be served unflavored whole milk.
- ✓ If it is medically or nutritionally necessary that a one year old receives a milk other than unflavored whole milk, a medical statement from a licensed physician must be obtained and remain on file until the child receives the recommended milk per age requirement.
- ✓ Breastmilk is not an allowable fluid milk substitution if the mother decides to breastfeed past 1 year of age.

Two Years and Older Milk Requirements

- Children two years of age and older must be served low-fat or fat-free milk.
- ✓ Whole milk and reduced fat (2%) milk may not be served to children 2 years and older. (Rule since 9/15/11)
- ✓ FNS realizes that transitioning a child from whole milk to low-fat or fat-free milk can be challenging. FNS has granted a one month transition period from 24 months to 25 months where you can serve whole milk or reduced fat milk (2%) and the meal is allowable.
- ✓ After transition period the child must be on the required milk or breastmilk unless a medical statement is on file.

Milk Substitution and Documentation Requirements

- If the participant request a non-dairy milk substitution that is nutritionally equivalent to cow's milk a medical statement is not needed. A written request should be maintained on file.
- A medical statement is required for non-dairy substitution due to a disability that do not meet the nutritional standards of cow's milk. This must be submitted by a licensed medical professional.

Institutions Annual Mandatory Regional Training- August 3, 5, 7, 2015

Medical Statement Forms

Idaho State Department of Education
Child Nutrition Programs

MEDICAL STATEMENT:
Request for Special Meals and/or Accommodations

(1) Name of Participant	(2) Age or DOB	(3) Sponsor	(4) Site
(5) Name of Parent /Guardian, or Auth. Rep.	(6) Telephone (Parent /Guardian, or Auth. Rep.)	(7) Site Telephone Number	

(8) Must check one:

Participant is disabled or has a medical condition and requires a special meal or accommodation. (Refer to definition on reverse side of this form.) Sponsors must comply with requests for special meals and any adaptive equipment. A licensed physician, physician assistant, nurse practitioner, or dentist must sign this form.

Participant is not disabled, but a medical condition exists. An example may include food intolerances, and is not intended to include food preferences. Sponsors are encouraged to accommodate reasonable requests. A licensed physician, physician assistant, nurse practitioner, registered dietitian, or registered nurse must sign this form.

(9) Disability or medical condition requiring a special meal or accommodation: _____

(10) If participant is disabled, provide a brief description of participant's major life activity affected by disability: _____

Child and Adult Care Food Program (CACFP)

Reimbursable Milk Listing (Child & Adult)

Not entire listing

- Low-Fat or Fat-Free Milk
- Low-Fat or Fat-Free Lactose Reduced Milk
- Low-Fat or Fat-Free Buttermilk
- Low-Fat or Fat-Free Acidified Milk
- Milk must be pasteurized fluid milk that meets State and local standards.
- Resource: 7 CFR 226.20(a)(1)).



Flavored Milk

Children 1-5 years of age

- No flavored fluid milk
- No flavored non-dairy beverages
- THIS **CAN'T** BE CLAIMED FOR REIMBURSEMENT



Children 6 years and older

- Can be served flavored fluid milk
- Must be fat-free
- Syrup that is added (zero calorie & sugar-free syrup) can only be added to fat-free milk
- THIS **CAN** BE CLAIMED FOR REIMBURSEMENT



Milk Requirements for Adults

<http://www.dec.state.ga.us/documents/attachments/adultdaycarehdbk.pdf>

- Milk served must be 1% or fat-free milk.
- Yogurt (6 ounces by weight or $\frac{3}{4}$ cup by volume) may meet the fluid milk requirement once per day. This may be served in place of milk once a day.
- Milk may be served offer vs. serve (OVS):



Adults Requirements –Offer vs. Serve

Breakfast: Offer
1 serving of milk;
1 serving of vegetables
and/or fruit; and
2 servings of bread or
bread alternate.
4 servings.

**Under OVS, participants
may decline only one of
the four servings offered**

Lunch: Offer
1 serving of milk;
2 servings of vegetables
and/or fruit;
2 servings of bread or
bread alternate, and
2 serving of meat or meat
alternate.
6 servings

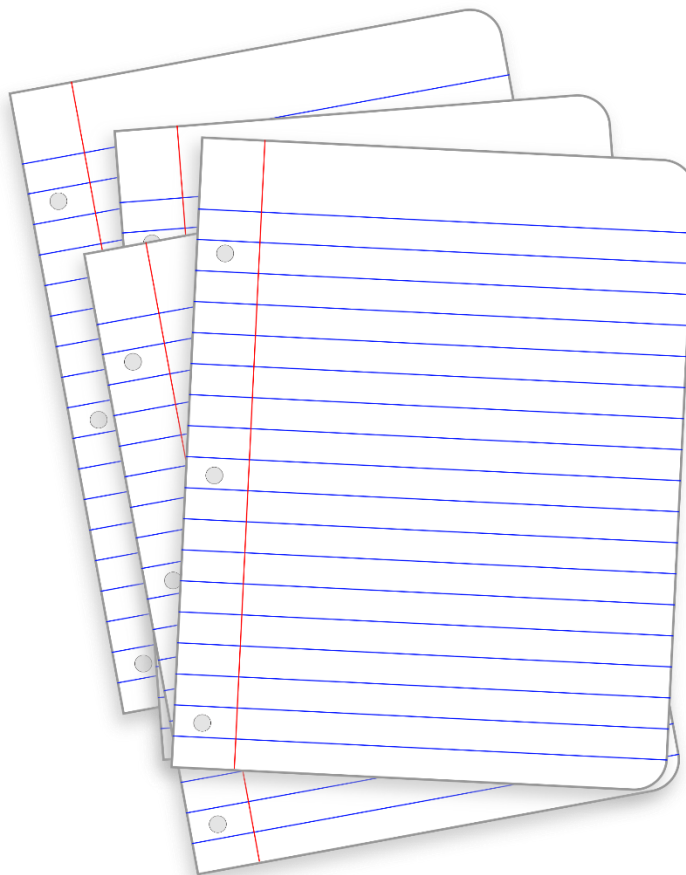
**Under OVS, participants
may decline up to two of
the six servings offered.**

Supper: Offer
2 servings of vegetables
and/or fruit;
2 servings of bread or
bread alternate; and
1 serving of meat or meat
alternate.
5 servings

**Under OVS, participants
may decline up to two of
the five servings offered.**

Snack: Because the snack meal pattern only contains two food items, OVS is not available for snacks. Participants may not decline any servings.

Record-Keeping Requirements



Documentation

- Participants are required to purchase enough milk to support reimbursable meals.
- Documentation (receipts) must be available to support the amount purchased.
- Receipts amount must be recorded on the monthly cost forms with receipts attached.

REMEMBER ALL CACFP DOCUMENTS MUST BE MAINTAINED FOR THREE YEARS PLUS THE CURRENT YEAR. SOME RECEIPTS MAY FADE SO PLEASE ENSURE YOUR ORGANIZATION TAKE THIS IN CONSIDERATION WITH STORAGE OF DOCUMENTS.

Subpart E – Operational Provisions

- 226.15 (e)(4) Recordkeeping
- Each institution shall establish procedures to collect and maintain all program records required under this part, **as well as any records required by the State agency**. Failure to maintain such records shall be grounds for the denial of reimbursement for meals served during the period covered by the records in question and for the denial of reimbursement for costs associated with such records. At a minimum, the following records shall be collected and maintained:
 - Daily records indicating the number of participants in attendance
 - The daily meal counts, by type (breakfast, lunch, supper, and snacks), served to family day care home participants, or
 - The time of service meal counts, by type (breakfast, lunch, supper, and snacks), served to center participants.



Milk Calculation Worksheet

- This form is to help participants in purchasing milk for their facility.
- This is not a requirement however, this may be used as a tool to guide you on the amount of milk to be purchased for compliance.
- If the CACFP participant does not purchase enough milk per claimed reimbursable meals, the meals with milk shortage will be disallowed.

NOTE: REVIEW MEAL PATTERN REQUIREMENTS PER AGE GROUP TO DETERMINE SERVING MILK FOR REQUIREMENTS PER EACH MEAL.

Milk Calculation Chart- Example Child

Age Group	Total Number of Children/Adults	Age/Serving Sizes	Meal Services	Number of Operation Days	Total oz. Needed	Total Gallons or ½ Pints Needed	Weekly TOTAL
X the number of meals served with Milk							÷ 4.33
1 year olds (Whole Milk)	10	4	2	20			
				Total Whole Milk :	<u>1600</u>	<u>12.5</u>	2.886836
					128	# Gallons	
					<u>1600</u>	<u>200</u>	46.189376
					8	# ½ Pints	
2 year olds	10	4	2	20			
3-5 year olds	10	6	2	20			
6-12 year olds or At-Risk	10	8	2	20	<u>7200</u>	<u>56.25</u>	
				Total :	128	# Gallons	12.990762
					<u>7200</u>	<u>900</u>	207.85219
					8	# ½ Pints	
X the number of meals served with Milk							
Adults		8			<u>0</u>	<u>0</u>	0
				Total :	128	# Gallons	
					<u>0</u>	<u>0</u>	0
					8	# ½ Pints	

Example

Age Group	Total Number of Children/Adults	Age/Serving Sizes	Meal Services	Number of Operation Days	Total oz. Needed	Total Gallons or ½ Pints Needed	Weekly TOTAL
X the number of meals served with Milk							÷ 4.33
1 year olds (Whole Milk)	10	4	2	20			
				Total Whole Milk :	1600	12.5	2.886836
					128	# Gallons	
					1600	200	46.189376
					8	# ½ Pints	

**** (1 year old example) ****

$$10 \times 4 \times 2 \times 20 = 1600 / 128 \text{ ounces per gallon} = 12.5 \text{ gallons needed per month}$$

$$12.5 \text{ gallons per month} / \text{by } 4.33 = 2.8868.36$$

Minimum of 3 Gallons of milk needed for 1 year old per week
or 47 pints needed per week.

Other child age groups see previous page example.



Resources

- www.dec.state.ga.us
- Memo- Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, QA - August 16, 2016
- <https://www.fns.usda.gov/tn/team-nutrition>
- <http://www.dec.state.ga.us/BftS/FormList.aspx?cat=CACFP>
- www.fns.usda.gov/cacfp/child-and-adult-care-food-program

Training and Technical Assistance Contacts

Technical Assistance is available at NutritionTA@decals.ga.gov

● **Technical Assistance Coordinators**

● Meggan Hemans-Reese	(678) 222-7787	East
● LaKisha Robinson	(478) 314-2806	South East
● Deidrea Thompson	(866) 370-3203	Metro/West
● Grushan Robinson	(770) 405-7905	North/Northwest
● Victoria Thomas	(470) 532-0873	Southwest

● **Nutrition Trainer Coordinator**

● Sylvia Boykin	(404) 463-2317
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Contact your TA Coordinator or TA mailbox with any additional questions or concerns.

We want to say:

**Thank
YOU!**