



USDA Non-Dairy Milk Substitutes

September 2015



Delaware
Department of Education

Agenda

- Introduce Cow's Milk and Soy Milk
- USDA CACFP regulation for serving milk
 - School regulation
- Food allergy vs. intolerance; brief overview
- USDA regulation for making substitutions
- What is an approved substitute
- Best practices and Questions

Cow's Milk

Cow's milk

- First the cream is removed leaving all liquid fat free (little to no fat).
- Different amounts cream (fat) is added back in
 - Depending on 1%, 2%, ..etc
- All milk served in program must be pasteurized
 - Various time and temperature exposure to heat and kill bacteria, can produce a shelf stable product if time and temp is right.
- Most milk is homogenized, and often fortified (vit D) as heat treatment destroys some vitamins and minerals.

Soy Milk

Soy Milk

- Soy Beans are soaked
- Ground with water
- Heated and than filtered

USDA Regulation for Milk

- CACFP meal pattern regulation states “fluid milk as a beverage” must be served as part of breakfast, lunch and supper, and is an optional component for snack (am/pm).
 - Snack could also include 100% fruit juice or water (as long as two other meal components are served).
- Regardless of meal service the portion size remains the same depending on the child’s age.

USDA Regulation for Milk

FOOD CHART

Child & Adult Care Food Program

	AGE 1 to 2	AGE 3 to 5	AGE 6 to 12
	MILK REQUIREMENTS		
		(1) Year Olds 2% or Whole Milk	(2 to 12) Year Olds 1% or Skim Milk
Fluid Milk	1/2 cup	3/4 cup	1 cup

Food allergy vs. intolerance

Allergy:

- “A true food allergy causes an immune system reaction that affects numerous organs in the body.”
 - “A food allergy may be considered a disability under federal laws, such as Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act (ADA).”
 - Law requires institutions and organizations to make reasonable accommodations.
- “Food intolerance symptoms are generally less serious and often limited to digestive problems.”

"Food Allergy." *Vs. Food Intolerance: What's the Difference?* Web. <http://www.mayoclinic.org/diseases-conditions/food-allergy/expert-answers/food-allergy/faq-20058538>. 25 Aug. 2015.

Advocacy - Disability - Food Allergy Research & Education." *Advocacy - Disability - Food Allergy Research & Education*. Web. <http://www.foodallergy.org/advocacy/disability>. 25 Aug. 2015.

Regulations Covering this Population

CACFP:

7 CFR 226.20 “Institutions may make menu substitutions for children or adults with a medical or other special dietary need, when indicated on a note signed by a licensed physician or recognized medical authority.”

- ADA requires that reasonable accommodations must be made for food allergies documented by a medical authority.

The Healthy Hunger-Free Kids Act of 2010: “non-dairy milk substitutions may be made for **non-disabled** children and adults in the Child and Adult Care food Program (CACFP), according to section 221 part 3 of the law.”

Approved Non-Dairy Substitutes

Calcium 276 mg Or ($\geq 27.6\%$ DV)

Protein 8g

Vitamin A 500 IU Or ($\geq 10\%$ DV)

Vitamin D 100 IU Or ($\geq 25\%$ DV)

Magnesium ... 24 mg Or ($\geq 6\%$ DV)

Phosphorus 222 mg Or ($\geq 22.2\%$ DV)

Potassium 349 mg Or ($\geq 9.9\%$ DV)

Riboflavin 0.44 mg Or ($\geq 25.8\%$ DV)

Vitamin B12 1.1 mcg Or ($\geq 18.3\%$ DV)

– USDA nutrient specifications per 8oz.

***Important:** if the Nutrition Facts label does not provide all required nutrient information, the organization must contact the manufacturer to obtain additional nutrient information to ensure compliance with the above specifications.

Resources

- Flyer with more information.
- Excel calculator to verify nutrients.

10				Amount listed on nutrient facts label	
11		Amount required by USDA		Mg listed	% DV listed
12		weight	% DV (≥)	Do not add "mg" or "IU"	Do not add % sign
13	Calcium	276 mg	27.60%	276	
14	Protein	8 g	N/A		
15	Vitamin A	500 IU	10%		
16	Vitamin D	100 IU	25%		
17	Magnesium	24 mg	6%		
18	Phosphorus	222 mg	22.2%		
19	Potassium	349 mg	9.9%		
20	Riboflavin	.44 mg	25.8%		
21	Vitamin B12	1.1 mcg	18.3%		

Questions

Delaware Department of Education
Nutrition Programs
35 Commerce Way
Dover DE, 19904
302.857.3356 (office)
302.739.6397 (fax)

Jason.Brown@doe.k12.de.us