

## **Milk Questions and Answers**

**May 30, 2017**

### **Flavored Milk**

- 1. Can a five year old in kindergarten who is participating in an after school program be offered chocolate milk if they are grouped together with six year olds in the same class?**

When following the CACFP meal pattern, the milk type offered needs to be in compliance with the CACFP meal pattern. In this case, the 5 year old kindergartener participating in the afterschool program may not be served chocolate milk. If the afterschool program is a school-based program on CACFP, the kindergartener could receive chocolate ONLY if the school district follows the full NSLP meal pattern in its entirety. For sponsors following the NSLP meal pattern, the schools must always follow the meal pattern requirements that are appropriate for the grade of the student, not the age.

- 2. What is the best way to serve flavored milk without singling out children under age 6?**

The best practice would be to serve plain milk for all children. This helps create consistency for all children in care.

- 3. Why is flavored milk allowed for children who are six years old or older?**

Flavored milk is not allowed at the younger age group to promote healthy habits, which are often defined by two years of age. USDA decided to allow flavored milk for older children to encourage milk consumption, which has been associated with increased nutrient intakes of calcium, folate, and iron.

- 4. Is the cost of chocolate syrup or powder, which is used to flavor creditable plain milk, able to be charged to the non-profit food service account funds?**

Yes, as long as the syrup or powder is being served to children six years old or older.

### **Menu Documentation**

- 5. We are serving multiple age groups in our center. How do we document all the milk types that are served on the menu?**

Meals and snacks for different age groups can be recorded on the same menu. One way to record the milk types that are served to all age groups is by including a key at the bottom of the menu with the milk type served for each age group. Note: Infant menus must be kept on infant menu production records.

- 6. Does the milk type served, such as whole, 1%, or non-fat, need to be written on both the working menu and the menu sent out to parents?**

Sponsors may add the milk type to the planned menu sent out each month, but ODE CNP only requires the milk type to be documented on the working (also known as dirty) menu.

- 7. Can abbreviations, such as FF for Fat Free, be used on menus?**

Yes. Abbreviations may be used as long as it is clear and legible.

- 8. Does the menu need to document all milk substitutes, such as soy milk, for children who have a Milk Substitution Form or a Medical Statement on file?**

In the CACFP Policies and Procedures Manual, Chapter 10 states you must include the date, participant's name, and the substitution made on the working menu. The substitution does not need to be on the planning menu. Substitutions can be documented on a separate list and attached to the working menu.

- 9. When serving milk, will Family Day Care Home providers need to list all the children's names on a menu since they are serving children of different age groups?**

USDA will be releasing guidance on this.

### **Non-Dairy Milk Substitution**

- 10. Are milk substitutes, such as soy milk, still creditable for families who request a vegan diet for their child? How about almond milk if the child is allergic to milk and soy?**

Yes, milk substitutes are still creditable as long as the participant has a completed Milk Substitute form on file. Milk substitutions must be nutritionally equivalent to cow's milk and must meet the nutritional standards outlines in 7 CFR 226.20(g)(3). ODE CNP has a webpage dedicated to Special Dietary Needs that includes a list of approved non-dairy beverage substitutes. At this time, only the specific soy milk brands listed on the Special Dietary Needs webpage are nutritionally equivalent to cow's milk. There are no almond milks which are nutritionally equivalent to cow's milk. To serve a fully reimbursable meal to a participant receiving almond milk, the participant would need to have a completed *Medical Statement for Participants with Disabilities* on file.

- 11. If serving lactose-free milk for a one year old participant, must it be whole milk?**

Yes. Lactose-free milk is a type of creditable cow's milk and if served to a participant, must be served according to the appropriate milk type for the participant's age group. In this case, for a participant who is one year old, the milk type required is whole milk.

- 12. Is vanilla soy milk considered flavored milk?**

Yes. Flavored soy milk is considered a flavored milk and would not be considered a creditable milk if served to participants five years old and under.

## Other

**13. For snacks, is milk required to be included in the two components that are served?**

Milk does not have to be served at every snack. Two of the five components must be served at snack. If milk is served, it needs to be served in the correct portion size for the age group in the right milk type (non-fat, 1%, whole).

**14. Our center serves children aged two through five. Can we provide 3/4 cup of low fat or fat free milk to all of the children rather than serve 1/2 cup to those that are two and 3/4 to those who are three through five years old?**

Yes. You can always serve more than the minimum portion size.

**15. Is there still a one month period to transition children ages 12-13 months from formula or breast milk to whole milk?**

Yes. For one month, children 12 to 13 months of age may be served infant formula to help wean them off infant formula and on to cow's milk. Breast milk is allowed for children of any age.

**16. For family style meal service, can sites place both a pitcher of water and a pitcher of milk on the table at meal times? Can teachers allow children to choose which one to serve themselves?**

This is a change from previous policy. Sponsors are now required to make sure all food items that are part of a creditable meal are placed on the table before claiming meals in family-style meal service. In addition, water should be made available to children throughout the day. Because of these changes, water and milk may be offered together on the table in family style meal service. However, water is not required to be served alongside the meal. Site staff should make sure children are offered milk during the meal service, and the water is not displacing milk.

**17. If WIC gives whole milk food package, can we use that documentation for children over 2?**

No. There would need to be a completed *Medical Statement for Participants with Disabilities* in order to serve whole milk prior to claiming the meal.

**18. If we have clients on WIC and the WIC package only provide 1% and fat free milk, are people on WIC going to have to buy whole milk out of pocket for their one year old children?**

The sponsors or FDCH providers are required to pay for the milk served in the program and not the participant. Parents or guardians cannot be required or coerced to provide any food(s) for their child who is participating in the CACFP. If the WIC package provides a different milk type than is required for the age group, the sponsor or provider must still serve the milk type that is required for the age group unless a completed *Medical Statement for Participants with Disabilities* is on file.