**CACFP MILK SUBSTITUTIONS FOR PARTICIPANTS WITH SPECIAL DIETARY NEEDS**

**Milk Substitute Rule**—If a participant has a disability determined by a physician, the day care facility must provide the substitution as prescribed in the physician’s statement. However with non-disability situations, it is up to the day care facility to determine if they will offer milk substitutes for these participants. If the day care facility chooses to do so, it must accept a written request from a medical authority or a parent/legal guardian/adult participant.

**Written Request** - The written request from the medical authority or the parent/guardian/adult participant must identify why the participant cannot consume cow’s milk. A request may be due to a preference, as well as religious, or cultural/ethical reasons and may be accommodated if the day care facility chooses to do so.

Milk substitutes that are offered without a physician’s statement must be nutritionally equivalent to milk. The following chart outlines the requirements for milk substitutes.

<table>
<thead>
<tr>
<th>Nutrient Per Cup (8 Fl. Oz.)</th>
<th>Calcium – 276 mg</th>
<th>Phosphorus – 222 mg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein – 8 g</td>
<td></td>
<td>Potassium – 349 mg</td>
</tr>
<tr>
<td>Vitamin A – 500 IU</td>
<td></td>
<td>Riboflavin – .44 mg</td>
</tr>
<tr>
<td>Vitamin D – 100 IU</td>
<td></td>
<td>Vitamin B-12 – 1.1 mcg</td>
</tr>
<tr>
<td>Magnesium – 24 mg</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Currently, the Indiana Department of Education has identified six products that meet the Milk Substitute Nutrition Standards. As more products are developed and identified, we will update our list accordingly.

**Creditable For Ages 1-5:**
- 8th Continent Soymilk – Regular Original
- SunOpta Soymilk – Original (Shelf Stable)
- Pacific Soymilk, Ultra – Plain (Shelf Stable)
- Great Value Soymilk – Original
- Silk Soymilk – Original

**Creditable For Ages 6 And Older:**
- 8th Continent Soymilk – Regular Original and Vanilla
- SunOpta Soymilk – Original and Vanilla (Shelf Stable)
- Pearl Organic Soymilk – Chocolate and Vanilla (Shelf Stable)
- Pacific Soymilk, Ultra – Plain and Vanilla (Shelf Stable)
- Great Value Soymilk – Original
- Silk Soymilk – Original

*Shelf stable milks should be found with other canned milk products, while those that need refrigerated will be in the dairy section of your grocery.*

For questions regarding special dietary needs, contact Heather Stinson at hstinson@doe.in.gov.

**Effective: October 1, 2017**