

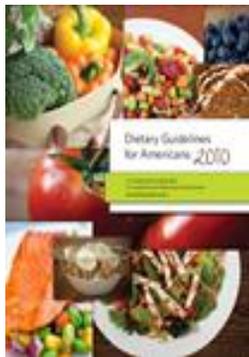


CACFP Short Courses 2014

Allergy, Intolerance, Avoidance...Oh My! Managing Special Diets in CACFP



Managing Special Diets in CACFP



The Healthy, Hunger-Free Kids Act of 2010, modified requirements for fluid milk in the CACFP by requiring that fluid milk served in the CACFP be consistent with the most recent version of the Dietary Guidelines for Americans.



Managing Special Diets in CACFP



- Between the ages of one and two years of age, children should consume breast milk or whole cow's milk.



Managing Special Diets in CACFP



Snack Select Two of the Four Components for a Reimbursable Snack			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12 ¹
1 milk² fluid milk	1/2 cup	1/2 cup	1 cup
1 fruit/vegetable juice, ³ fruit and/or vegetable	1/2 cup	1/2 cup	3/4 cup
1 grains/bread⁴ bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 3/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup
1 meat/meat alternate meat or poultry or fish ⁵ or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds ⁶ or yogurt ⁷	1/2 oz. 1/2 oz. 1/2 1/8 cup 1 Tbsp. 1/2 oz. 2 oz.	1/2 oz. 1/2 oz. 1/2 1/8 cup 1 Tbsp. 1/2 oz. 2 oz.	1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1 oz. 4 oz.

Breakfast Select All Three Components for a Reimbursable Meal			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12 ¹
1 milk² fluid milk	1/2 cup	3/4 cup	1 cup
1 fruit/vegetable juice, ³ fruit and/or vegetable	1/4 cup	1/2 cup	1/2 cup
1 grains/bread⁴ bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup

Lunch or Supper Select All Four Components for a Reimbursable Meal			
Food Components	Ages 1-2	Ages 3-5	Ages 6-12 ¹
1 milk² fluid milk	1/2 cup	3/4 cup	1 cup
2 fruits/vegetables juice, ³ fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
1 grains/bread⁴ bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup
1 meat/meat alternate meat or poultry or fish ⁵ or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds ⁶ or yogurt ⁷	1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1/2 oz. 4 oz.	1 1/2 oz. 1 1/2 oz. 3/4 3/8 cup 3 Tbsp. 3/4 oz. 6 oz.	2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.



Managing Special Diets in CACFP



• Non-dairy beverages may be served in place of fluid milk to children with special dietary needs.



Managing Special Diets in CACFP



Fluid Milk Substitutions in Child Nutrition Programs: Non-Dairy Beverages Meeting USDA Substitution Criteria

USDA Nutritional Criteria Per Cup serving and minimum percent allowable on a nutrient facts label	A ¹ continent Original Soy milk	A ² continent Vanilla Soy milk	Silk Original Soy milk	Pacific Natural Ultra Soy milk Plain and Vanilla	Great Value Original Soy milk	Kikkoman Pear Organic Soy milk Smart Original (Creamy Vanilla and Chocolate flavors also meet guidelines)	Westony Organic Plus Plain and Vanilla
Calcium	276 mg 27.6%	300 mg	300 mg	450 mg	300 mg	300 mg	300 mg
Protein	8 grams	8 grams	8 grams	8 grams	10 grams	8 grams	8 grams
Vitamin A	500 IU 10%	500 IU	500 IU	500 IU	500 IU	500 IU	500 IU
Vitamin D	100 IU 25%	100 IU	100 IU	100 IU	100 IU	100 IU	100 IU
Magnesium	24 mg 6%	24 mg	24 mg	60 mg	24 mg	24 mg	24 mg
Phosphorus	222 mg 22.2%	250 mg	300 mg	250 mg	250 mg	250 mg	250 mg
Potassium	349 mg 8.7%	300 mg	400 mg	300 mg	400 mg	350 mg	400 mg
Riboflavin	44 mcg 26.2%	4 mcg	4 mcg	4 mcg	4 mcg	4 mcg	4 mcg
Vitamin B12	1.1 mcg 22.2%	1.2 mcg	1.2 mcg	1 mcg	1.2 mcg	1.2 mcg	1.2 mcg
Container Size/ Packaging	Half Gallon	Half Gallon	Quart, Half Gallon	8.5 oz. carton (24 cases) or 32 oz. carton	64 oz. carton	8.5 oz. carton (24 cases)	32 oz. and 64 oz. carton
Shelf Stable	No	No	No	Yes	No	Yes, 1 year (unopened)	Yes
Storage Time	Refrigerate and use within 10 days after opening	Refrigerate and use within 10 days after opening	Refrigerate and use within 10 days after opening	Refrigerate after opening. Use within 7-10 days	Refrigerate after opening and use within 7-10 days	Refrigerate after opening	Refrigerate after opening

This list is subject to change and is not all inclusive. USDA does not evaluate, approve, or endorse any non-dairy beverages intended to be offered as a milk substitute. Providers have the option to offer a non-dairy milk substitute to a child with a medical or special dietary need other than a disability. Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk, as outlined in the National School Lunch Program (NSLP) regulations at 7 CFR 225.10 (a)(3).

For practical reasons, lactose free milk should be the first choice for a child who has lactose intolerance. Lactose free milk provides the same key nutrients found in regular cow's milk and is readily available.

Revised 04/2014

Fortification requirements per 1 cup serving:

- Calcium: 276 mg
- Protein: 8 gm
- Vitamin A: 500 IU
- Vitamin D: 100 IU
- Magnesium: 24 mg
- Phosphorus: 222 mg
- Potassium: 349 mg
- Riboflavin: 44 mg
- Vitamin B12: 1.1 mcg



Managing Special Diets in CACFP



- Parents or guardians may request (in writing) non-dairy milk substitutes.
- The written request must identify the medical or special dietary need that restricts the diet of the child.
- The provider has the option to provide the substitution, and if they agree, the substitution would be at the provider's expense.



Managing Special Diets in CACFP



- If the provider does not agree to provide the food substitution the parent has the option of providing the food substitution. The substitution must still meet the required nutrient fortification levels.
- The meal is still reimbursable if the provider supplies at least one required component for the meal and has the statement on file.



Managing Special Diets in CACFP



Food allergy or food intolerance...what is the difference?

- Intolerance refers to an adverse reaction to food, but does not involve the body's immune system, such as lactose intolerance.



Managing Special Diets in CACFP



- A food allergy is the overreaction of the body's immune system to a food protein.
- Food allergies may occur at birth, or may develop at any age.
- Most food allergies are caused by the following foods: milk, eggs, fish/shellfish, soy, wheat, peanuts/tree nuts.



Managing Special Diets in CACFP



Pick a better snack

 TEAM NUTRITION IOWA

Managing Special Diets in CACFP



Iowa Child and Adult Care Food Program
ALLERGY/FOOD EXCEPTION STATEMENT

Rev 02/13

Description: The Child and Adult Care Food Program (CACFP) is funded by the United States Department of Agriculture (USDA). The CACFP reimburses home providers for children's meals that meet USDA requirements. If an infant or child needs to avoid specific foods for a medical reason, reimbursement is allowed only if a recognized medical authority has documented the need for an exception to the CACFP meal pattern and signed the statement.

Please complete this form and return to: _____ (name of home provider)

Participant's Name: _____ Birth Date: _____

Parent/Caregiver/Guardian's Name: _____

Signature: _____ Date: _____
(For permission to release information to the home provider and receive (signature) of parent/caregiver/guardian)

1) Disability: Does the participant have a disability? Yes No. If yes, a medical doctor (MD) or doctor of osteopathic medicine (DO) must sign this form. If the participant is not disabled the form may be signed by any of the recognized medical professionals listed below. If yes, describe the major life activity or activities affected by the disability: _____

2) Special Dietary/Feeding Needs: Does the participant have a food allergy or intolerance? Yes No. If yes, describe the nature of the allergy/intolerance: _____

Food(s) or Formula to Avoid: _____ Food(s) or Formula to Substitute: _____
(List all CACFP foods that must be substituted and avoid, and specify an appropriate amount if not to be avoided.)

Other dietary or feeding needs for the participant: _____

Date for a recheck or re-evaluation: _____

Medical authority: _____ Name (First or Last): _____ Title: _____
(A recognized medical authority is one of the following: medical doctor (MD), doctor of osteopathic medicine (DO), physician's assistant (PA), or advanced registered nurse practitioner (ARNP).)

Address: _____

Signature of Medical Authority: _____ Date: _____

Pick a better snack

 TEAM NUTRITION IOWA

Managing Special Diets in CACFP



Reference:

Accommodating Children with Special Dietary Needs in the School Nutrition Programs, Guidance for School Food Service Staff

http://www.fns.usda.gov/cnd/guidance/special_dietary_needs.pdf



Managing Special Diets in CACFP



What about infants on special formulas?



Managing Special Diets in CACFP



Guidelines for care centers:

- Ensure the daily management of food allergies in individual children.
- Prepare for food allergy emergencies.
- Provide professional development on food allergies for staff members.
- Educate children and families about food allergies.
- Create and maintain a healthy and safe educational environment.



Managing Special Diets in CACFP



Managing Special Diets in CACFP



Pick a **better** snack

TEAM NUTRITION  IOWA

Managing Special Diets in CACFP



Pick a **better** snack

TEAM NUTRITION  IOWA

Managing Special Diets in CACFP



Managing Special Diets in CACFP

