

Managing Special Diets in CACFP

Short Course 2016



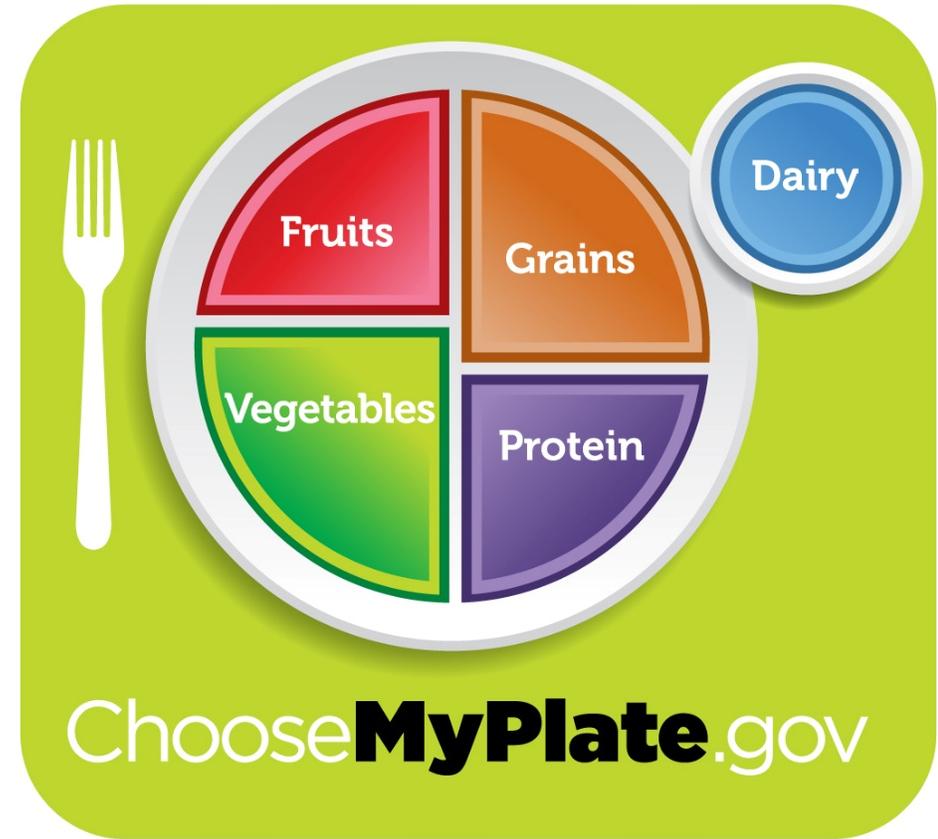


Objectives:

- What flexibility does the CACFP meal pattern provide?
- What is the difference between a food allergy and a food intolerance?
- What is the center's responsibility for managing special dietary needs?
- When do you need a to have a diet modification form on file?

CACFP Meal Pattern Requirements

The CACFP meal pattern is based on Dietary Guidelines for Americans, which outlines optimal eating habits for children and adults over the age of 2.



CACFP Meal Pattern Requirements



Revised 6/2011

CACFP Meals for Children 1 - 12 years

Iowa Child and Adult Care Food Program
(Post where meals are prepared and served.)

	Ages 1-2	Ages 3-5	Ages 6-12 ⁴
BREAKFAST⁶			
Milk ⁵	½ cup	¾ cup	1 cup
Juice or Fruit or Vegetable ¹	¼ cup	½ cup	½ cup
Grains/Breads ²	½ serving/slice	½ serving/slice	1 serving/slice
or cereal, cold dry	¼ cup*	⅓ cup**	¾ cup***
or cooked cereal	¼ cup	¼ cup	½ cup
SNACK⁶ (Select 2 of the 4 components listed)			
Milk ⁵	½ cup	½ cup	1 cup
Juice or Fruit or Vegetable ¹	½ cup	½ cup	¾ cup
Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
or egg (large)	½	½	½
or cheese	½ ounce	½ ounce	1 ounce
or cheese food, cheese spread	1 ounce	1 ounce	2 ounces
or yogurt	¼ cup	¼ cup	½ cup
or cottage cheese	⅓ cup	⅓ cup	¼ cup
or cooked dry beans/split peas	⅓ cup	⅓ cup	¼ cup
or peanut butter (nut or seed butter)	1 Tbsp.	1 Tbsp.	2 Tbsp.
or nuts and/or seeds ³	Not recommended	Not recommended	1 ounce
Grains/Breads ²	½ serving/slice	½ serving/slice	1 serving/slice
or cereal, cold dry	¼ cup*	⅓ cup**	¾ cup***
or cooked cereal, rice, pasta	¼ cup	¼ cup	½ cup

How can general meal guidelines be individualized to meet multiple dietary needs?

Non-dairy milk substitutes



- Parents may request a non-dairy milk substitute be served instead of cow's milk.
- The substitution offered must be nutritionally equivalent to cow's milk.
- The center can choose to provide the substitute or not.



Non-dairy milk substitutes

In order for the meal to be reimbursed, the non-dairy substitute provided must be nutritionally equivalent to cow's milk.

Fluid Milk Substitutions in Child Nutrition Programs

USDA Criteria for Required Nutrient Levels to Qualify as Non-Dairy Beverage Substitute		
Nutrient	Required Amount Per Cup	Label
Calcium	276 mg	30%
Protein	8 grams	8 grams
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	8%
Phosphorus	222 mg	25%
Potassium	349 mg	11%
Riboflavin	.44 mg	25%
Vitamin B12	1.1 mcg	15%

Dietary Modifications due to a Medical Need



- How do we accommodate special diets prescribed to manage food allergies, food intolerances or other medical conditions
- What documentation must be on file to claim these meals for reimbursement?

Food Intolerance

- An adverse reaction to a food that does not involve the immune system
- Symptoms may include gas, nausea, diarrhea or headaches
- Not life threatening
- Symptoms can be managed by reducing or eliminating the offending food from the diet





Celiac Disease

- Celiac disease involves the failure of the small intestine to digest and absorb gluten (a protein found in wheat, barley and rye grains)
- A strict gluten-free diet must be followed to manage the symptoms and promote intestinal healing
- Celiac disease is not considered life-threatening, but it can result in acute GI distress or failure to thrive from malabsorption of nutrients

Food Allergies

- Involves a reaction between a food protein and the body's immune system.
- Symptoms can range from a mild rash to life-threatening anaphylaxis.
- Strict avoidance of the offending food is required.





Common Food Allergens



- Milk
- Egg
- Fish
- Seafood
- Soy
- Wheat
- Peanuts
- Tree nuts



What is the Center's Role in Accommodating Special Diets?

- Work in partnership with the family and medical team to best manage the needs of the child in care
- Provide a Diet Modification Form to be completed by a recognized medical authority
- Document all food substitutions (as a footnote) on the menu or food production record

What is the Center's Role in Accommodating Special Diets?

- Identify if the medical condition rises to the level of a disability
- Center's must accommodate any diet modification requested as the result of a documented disability
- Respect and protect a child's privacy and avoid singling them out



The Diet Modification Form is also required for infants on special formulas

- If not breastfed, infants are required to receive IFF that is manufactured in the US
- Exempt infant formulas may be offered to accommodate special dietary needs if a current, signed, Diet Modification form is on file
- A link to exempt infant formulas can be found in Appendix C of the CACFP Administrative Manual



