Determining if Meal Modifications Are Required

A participant requests a meal modification that is different from what is on the menu
(e.g. eliminate or substitute a food or beverage item)

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Does the participant have a disability (physical or mental impairment) that restricts the diet?

**This includes participants who may have a disability but have not yet provided a medical statement.
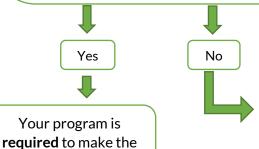If you do not know, work with the family to determine if the participant has a disability that restricts the diet.**

Yes ⬇   **No** ⬇

Did the participant's family provide **a medical statement** signed by a state licensed healthcare professional authorized to write medical prescriptions *(Physician, Physician Assistant, Advanced Practice Nurse Prescriber (APNP), Dentist, Optometrist, Podiatrist)* that indicates:

1. Description of impairment (reason for request)
2. How to accommodate the impairment (e.g. food(s) to be avoided and recommended substitution(s))

Yes ⬇   **No** ⬇

Your program is not required to make meal modification(s)

- *Optional meal accommodations for participants without disabilities must comply with the CACFP meal pattern requirements*
- *Families can provide one creditable component of a meal/snack*
- *Optional modifications must be supported with a statement completed and signed by the family or a medical professional. The statement must identify the non-disability special dietary need, foods not to be served, and allowable substitutions.*

Your program is **required** to make the meal modification

Your program is **required** to make meal modification(s) and must work with the **participant's** family to obtain a complete medical statement

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When the medical statement for a disability is missing information:
- Do not deny/delay a requested meal modification because the medical statement does not provide sufficient information
- If the medical statement is unclear or lacks sufficient detail, you must obtain appropriate clarification so the participant receives safe meals
- Work with the participant's family to obtain an amended medical statement
- While obtaining additional information, you should follow the portion of the medical statement that is clear to the greatest extent possible