



**CACFP**  
**TRAINING**  
Child and Adult Care Food Program

# Special Dietary Needs: Milk



WISCONSIN DEPARTMENT OF  
**Public Instruction**  
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**This presentation is adapted from  
the National CACFP Sponsors  
Association Dairy Meal  
Modifications presentation**



# What We Will Cover



- Medical Statements
- Food Allergens: Milk Allergen
- Lactose Intolerance
- Reading food labels for allergens
- Accommodating meals and CACFP meal modification ideas
- Accommodating Fluid Milk
- GM 12: Special Dietary Needs



# Disclaimer



The dietary information shared in this presentation should not supersede any medical nutrition therapy dictated by the approved license healthcare professional.

The presentation will provide a general knowledge and understanding of the topic discussed.

# Terminology

	
<h2>Disability</h2> <p>Physical or mental impairment that limits a major life activity</p> <ul style="list-style-type: none"><li>• Food intolerance</li><li>• Food allergy</li><li>• Metabolic Disorder</li></ul>	<h2>Non-Disability</h2> <p>Eating or eliminating certain foods due to a general health concern and/or preference</p> <ul style="list-style-type: none"><li>• Religious, ethnic, lifestyle preference (organic, vegetarian)</li><li>• Health belief</li></ul>

First let's review some USDA special dietary needs terminology.

In the CACFP, a disability is a physical or mental impairment that substantially limits one or more major life activities and includes the operation of a major bodily function. The impairment does not need to be life threatening. Common disabilities in the CACFP include food intolerances, food allergies, and metabolic disorders.

A non-disability is eating certain foods or eliminating foods from the diet due to a general health concern and/or personal preference. This includes eating certain foods due to religion, ethnic background, lifestyle preference, such as eating organic or vegetarian, and general health beliefs; for example, it is a family's belief that their child should not drink milk because of health reasons.

# Medical Statements

## Required to be on file

- To claim meals when meal substitutions made to accommodate a disability do not meet CACFP meal pattern requirements
  - Serving non-creditable food/beverage
  - Not serving all required meal components

## NOT required to be on file

- To claim meals when meal substitutions meet CACFP meal pattern requirements
  - Serving creditable food/beverage
  - Serving all required components

Next, let's review medical statements and when they are needed.

A medical statement must be on file to claim meals when meal substitutions made to accommodate a disability do not meet CACFP meal pattern requirements. For example, when serving a non-creditable food or beverage, or not serving all required meal components.

A medical statement is not required to be on file to claim meals when meal substitutions made to accommodate a disability meet meal pattern requirements, meaning, the substitution is a creditable food and all required meal components are served.

# Medical Statements



**Fully understand the extent of a participant's disability so safe meals are served.**

Another reason to have a medical statement on file is to fully understand the extent of a participant's disability so safe meals are served. This includes identifying the foods not to serve and appropriate substitutions.

# Medical Statements

**Written statement from state licensed healthcare professional authorized to write medical prescriptions**

**WI Licensed Healthcare Professionals Authorized to Write Medical Prescriptions:**

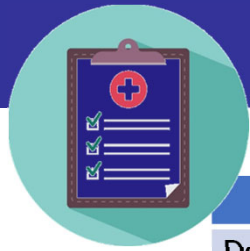
- Physician (Medical Doctor, MD; and Doctor of Osteopathy, DO)
- Physician Assistant
- Advanced Practice Nurse Prescriber (APNP)
- Dentist
- Optometrist
- Podiatrist

A medical statement is a written statement completed and signed by a state licensed healthcare professional authorized to write medical prescriptions.

In Wisconsin this includes Physicians (Medical Doctor, MD; and Doctor of Osteopathy, DO), Physician Assistants, Advanced Practice Nurse Prescribers (APNP), Dentists, Optometrists and Podiatrists.

What you do not see on this list are chiropractors, registered dietitians, registered nurses, or any other nurse credential that does not include APNP for Advanced Practice Nurse Prescriber. These professionals cannot write a medical statement for a disability in the CACFP.





# Medical Statements

<b>Description of Impairment (reason for request)</b>	Information about the participant's physical or mental impairment that is sufficient to allow the CACFP facility to understand how the impairment restricts the child's diet.
<b>How to accommodate the impairment</b>	An explanation of what must be done to accommodate the disability.  Food or foods to be omitted and recommended alternatives.
<b>Licensed healthcare professional's signature</b>	

The medical statement must include:

**Description of Impairment (reason for request):** Information about the participant's physical or mental impairment that is sufficient to allow the CACFP facility to understand how the impairment restricts the child's diet. For example, the statement may state "lactose intolerance" or could state "milk causes GI distress."

**How to accommodate the impairment:** An explanation of what must be done to accommodate the disability including food or foods to be omitted and recommended alternatives. In cases where a participant has a food allergy, a medical statement is very important because a thorough statement will identify specific foods or ingredients a participant cannot be served to ensure a safe meal is provided.

Last, the statement must be signed by the licensed healthcare professional.

# Unclear Medical Statement?

**Sometimes a medical statement does not provide enough information**

- Discuss with family to get more details from the licensed healthcare provider.
  - Obtain updated statement
- Document conversations with family
- It is important to ensure safe meals are served!



Sometimes a medical statement does not provide enough information, such as, it does not include all the types of foods a participant can or cannot consume.

The first thing to try and do is get an updated medical statement from the licensed healthcare provider. However, if getting an updated statement is a challenge, the next step is to determine how to serve meals safely by discussing the situation with the family to obtain additional information needed; i.e., what cannot be served to the participant, what is an appropriate substitution, what substitutions will your program offer, etc. Document these conversations. Having conversations in writing is best, such as an email, to support the actions of your program.

At the end of the day, it is important to ensure safe meals are served.

# Medical Statement

[\(Medical Statement Spanish\)](#)

**CACFP** Medical Statement

A state licensed healthcare professional who is authorized to write medical prescriptions under state law must complete Parts 2 and 3 and sign this form. In Wisconsin this includes a Physician, Physician Assistant, Nurse Practitioner (APNP), Dentist, Optometrist, or Podiatrist.

PART 1: GENERAL INFORMATION	
First and Last Name	Date of Birth
Name of Center/Care Provider	
Name of Parent/Guardian	Telephone Number

**PART 2: ACCOMMODATIONS**

1. How does the participant's physical or mental impairment restrict their diet?
2. What food(s)/type(s) of food must be omitted? Please be specific.
3. List foods to be substituted. (Avoid specific brand names, if possible).
4. Additional comments (i.e., other specified accommodations needed).

Texture Modification (Complete if needed)

Pureed     Ground     Bite-Size Pieces     Other (specify):

**PART 3: SIGNATURE**

State Licensed Healthcare Professional's Name	Title: <input type="checkbox"/> Physician <input type="checkbox"/> Physician Assistant <input type="checkbox"/> Optometrist <input type="checkbox"/> Podiatrist <input type="checkbox"/> Nurse Practitioner (APNP) <input type="checkbox"/> Dentist
Signature of State Licensed Healthcare Professional	Date Signed
Medical Office Name and Address	Phone Number

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Licensed child care providers often receive a completed DCF Child Health Report when a child has a food allergy or intolerance. There are prompting questions on this form to help identify food allergies and intolerances and how to accommodate them. However, it is common to not get all the information needed on this form.

Therefore, DPI Community Nutrition Programs has a medical statement that can be used. It can be accessed by clicking on the link on this slide.

A best practice would be to include a copy of this with the program's enrollment packet.

# Food Allergens

Today's focus: Milk  
Most common in CACFP



Let's move on to food allergens.

Foods that cause an allergic reaction are termed "food allergens." This slide shows images of the 9 major food allergens. There used to be 8 major food allergens, however, as of January 1, 2023, sesame was declared as the 9<sup>th</sup> major food allergen. Back when there were only 8 food allergens, the eight major allergens accounted for 90 percent of food allergies and serious allergic reactions in the U.S.

Today we are going to focus on milk as it is the most common in the CACFP. However, much of what we are going to cover today can be applied to the other 8 allergens.

# What is a Food Allergy?

- Immune system response to protein found in food
- Body identifies protein as harmful, and an allergic reaction occurs



So, what exactly is a food allergy?

A food allergy is the body's immune system responding to a protein found in the food. The body identifies the protein as harmful, and an allergic reaction occurs.

# Symptoms of Allergic Reactions to Food

## Common MILD Symptoms

- NOSE: Itchy, runny, sneezing
- MOUTH: Itchy, spicy feeling
- Rash or hives in small area
- Mild nausea or discomfort

## SEVERE Symptoms

- Tightness in throat, trouble breathing/swallowing
- Widespread rash or hives
- Repetitive vomiting or severe diarrhea
- MOUTH: Swelling of lips or tongue
- Dizzy, faint, weak, pale, blue
- Shortness of breath, wheezing, coughing

Signs and symptoms of an allergic reaction to food can be mild or severe.

Common mild symptoms and common severe symptoms are listed on this slide.

# Symptoms of Allergic Reactions to Food

Body System	Symptoms
Skin	Hives, swelling (face, lips, tongue), itching, warmth, redness
Respiratory (breathing)	Coughing, wheezing, shortness of breath, chest pain or tightness, throat tightness, trouble swallowing, hoarse voice, nasal congestion, or hay fever-like symptoms (sneezing; runny or itchy nose; red, itchy, or watery eyes)
Gastrointestinal (stomach)	Nausea, stomach pain or cramps, vomiting, diarrhea
Cardiovascular (heart)	Dizziness/light-headedness, pale/blue color, weak pulse, fainting, shock, loss of consciousness
Neurological (brain)	Anxiety, sense of "impending doom" (feeling that something really bad is about to happen), confusion, headache

Additional symptoms of allergic reactions are on this slide.

# Symptoms of Allergic Reactions to Food

## Common Symptoms of an Allergic Reaction in Children Under 2 Years of Age

- Noticeable change in the sound of their cry
- Drooling
- Spitting up food or drink after feeding
- Uncontrolled passing of stool or urine
- Behavioral changes
  - Irritability
  - Unexpectedly becoming very sleepy or difficult to wake up
  - Suddenly appearing very frightened
  - Emotionally upset
  - Wanting to be held or comforted

This slide lists common symptoms in children under age 2.



## Institute of Child Nutrition (ICN) Food Allergy Fact Sheets

- Fact Sheets for 9 major food allergens
- Spanish version available

### Child Care Center Food Allergy Fact Sheet

#### MILK ALLERGY

##### What is Milk Allergy?

Milk allergy is a potentially life-threatening immune system reaction to the proteins in cow's milk. It is often confused with lactose intolerance, a condition characterized by an inability to digest the lactose (a sugar) in milk. Unlike an allergy, lactose intolerance is not life-threatening. Milk allergy is the most common food allergy in infants and very young children. Most children outgrow milk allergies by the time they are two or three years old.



##### Avoiding Milk and Dairy

A child with a milk allergy cannot drink milk or consume dairy products, such as yogurt and cheese. The proteins in cow's milk are similar to other domestic mammals, such as goats, sheep, and buffalo; therefore, milk and dairy products from these animals should also be avoided.

Nondairy products and processed foods often contain dairy ingredients and various forms of casein and whey, the two major proteins in milk. Reading food labels to find these hidden ingredients is important to eliminate exposure to milk.

If you have a child with a milk allergy in your care, you need to be aware of foods and products that may contain milk to prevent a reaction. This includes foods in your menu as well as foods and products that staff and children may bring into the center. The following tables list the most common dairy products, dairy ingredients, milk protein ingredients, and dishes, foods, and products that may contain milk. It is important to read all food labels to check for milk and dairy ingredients. Take extra care when reading food labels for milk proteins, as they are not commonly known and are often used in unexpected products.

##### Dairy Products

• Butter (all forms)	• Curd	• Heavy cream	• Sherbet
• Cheese (all types)	• Custard	• Ice cream	• Sour cream
• Cheese dip/sauce/spread	• Dried milk	• Kefir	• Skyr
• Coffee creamer	• Evaporated milk	• Malted milk	• Quark/quark
• Condensed milk	• Ice cream	• Milk (all forms, including all fat and flavored varieties)	• Whipping cream
• Cottage cheese	• Pudding	• Powdered milk	• Yogurt (all varieties)
• Cream cheese	• Ghee	• Pudding	
• Crème fraiche	• Half and half		

##### Dairy Ingredients

• Anhydrous butter oil	• Diacetyl	• Lactose	• Nisin
• Anhydrous milk fat (AMF)	• Galactose	• Lactulose	• Protein hydrolysate
• Butter acid	• Lactate solids	• Milk derivative	• Recaldent™
• Butter ester	• Lactic acid	• Milk fat	• Sour cream solids
• Butter oil	• Lactic acid starter culture	• Milk protein	• Tagatose
• Butterfat	• Lactic acid starter culture	• Milk protein hydrolysate	• Yogurt powder
• Dairy product solids	• Lactic yeast	• Milk solid pastes	
• Dehydrated yogurt	• Lactitol monohydrate	• Milk solids	



The two previous charts are from the Institute of Child Nutrition's (ICN) Milk Allergy Fact Sheet. This presentation will go over more information in this handout.

This fact sheet, along with fact sheets for the other 8 major food allergens, can be found at the website linked to on this slide. These are also available in Spanish.

# Symptoms of Allergic Reactions to Food

Reactions can occur  
seconds to hours after  
consuming a food allergen



It is important to note that reactions can be immediate, such as seconds after consuming the allergen, or prolonged, such as hours after consuming the allergen.

# Milk Allergy

- Immune response to cow's milk protein(s)
- Can include milks from other mammals:
  - Sheep
  - Goats
  - Buffalo
  - Deer
- Can be life-threatening



Focusing on the milk allergen, when an individual has a milk allergy their body reacts to a protein in cow's milk. In addition, individuals with a milk allergy may also be allergic to milk from other mammals such as sheep, goats, buffalo and deer.

A milk allergy can be life-threatening.



A milk allergy is often confused with lactose intolerance. These are not the same thing.

# Lactose Intolerance

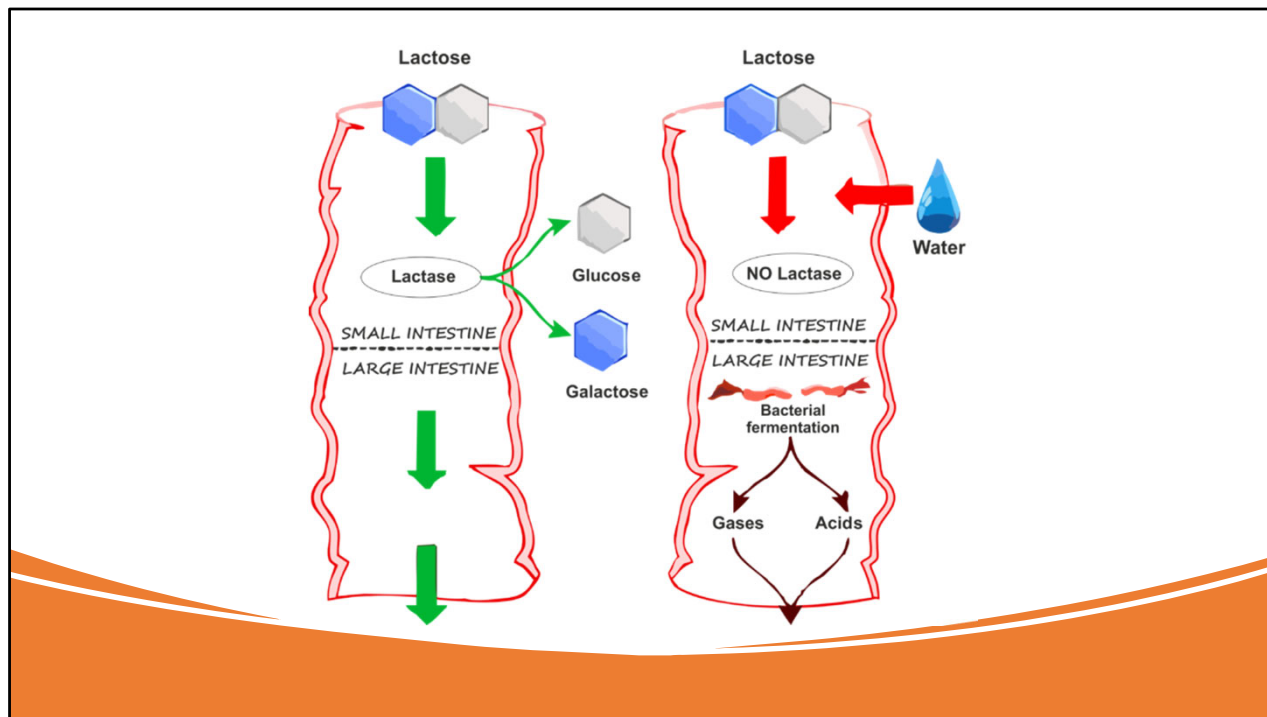
- Digestive response to **lactose**, the **sugar** found in milk and milk products.
- Bodies produce an enzyme, **lactase**, which helps break down **lactose**.
- Some individuals do not produce enough lactase to break down lactose  
**Symptoms:** stomach cramps, bloating, nausea, diarrhea, and/or gas
- Not life-threatening



Where a milk allergy is the body's immune system reacting to a protein found in milk., lactose intolerance is the body's digestive system responding to lactose, the sugar found in milk.

Lactose is the combination of two simple sugars, glucose and galactose. Our body's produce an enzyme called lactase which is required to break down lactose in the digestive system into glucose and galactose so it can be absorbed into the body. When an individual does not produce enough lactase to break down lactose, lactose (or more specifically glucose and galactose) do not get absorbed into the body. Lactose continues to pass through the digestive system causing symptoms of bloating, diarrhea and/or gas occurs. These indicate the individual is lactose intolerant.

Lactose-intolerance is not life-threatening.



Here is another graphic to illustrate lactose intolerance.

On the left side is a picture of the digestive system (the small and large intestine). Lactose is at the top. As it passes through the small intestine, the enzyme lactase is there to break lactose down into glucose and galactose. These simple sugars are then absorbed into the body.

On the right side is also a picture of the digestive system (the small and large intestine). Lactose is at the top. As it passes through the small intestine, the enzyme lactase is NOT there to break lactose down into glucose and galactose. Therefore, lactose continues through the digestive system into the large intestine where it ferments, resulting in the body producing gasses and acids which cause discomfort (gas, bloating, diarrhea, etc.)

<https://biolanhealth.com/>

A diagram with a white background and a dark blue border. On the left, a blue rounded rectangle contains the text 'Milk Allergy'. On the right, a light blue rounded rectangle contains the text 'Lactose Intolerance'. Arrows from both rectangles point towards a central dark blue circle containing the text 'Not the same thing!'. To the right of the diagram is a bulleted list.

- Important to know actual diagnosis
- Terms have been used interchangeably – they are not the same!
- Accommodating milk allergy and lactose intolerance is different

Because lactose intolerance and milk allergy is not the same, it is important to know a participant's actual diagnosis. Does a participant have a milk allergy or are they intolerant to lactose? These terms are often used interchangeably – they are not the same.

For example, saying a child with lactose intolerance is allergic to milk. Or a medical statement may be returned indicating that a child has a milk allergy, but then the accommodation is to serve lactose-free milk, which, contains milk.

It is important to know what you are managing because accommodating a participant with a milk allergy versus lactose intolerance is different.

# Lactose Intolerance

- **Lactose is present in products that contain milk**
- **Severity of lactose intolerance varies**
  - Some individuals can tolerate more than others

Yes, lactose is present in products that contain milk, so you may think that individuals with lactose intolerance cannot consume any milk product. This is not true. The severity of lactose intolerance varies from person to person. Some individuals can tolerate more lactose than others, therefore, some individuals with lactose intolerance do consume milk products.



# Milk Allergy: Dairy Foods

Cannot drink milk or consume dairy products.

## Dairy Products

- Butter (all forms)
- Cheese (all types)
- Cheese dip/sauce/spread
- Coffee creamer
- Condensed milk
- Cottage cheese
- Cream cheese
- Crème fraiche
- Curd
- Custard
- Dried milk
- Evaporated milk
- Ice cream
- Pudding
- Ghee
- Half and half
- Heavy cream
- Ice cream
- Kefir
- Malted milk
- Milk (all forms, including all fat and flavored varieties)
- Powdered milk
- Pudding
- Sherbet
- Sour cream
- Skyr
- Quarg/quark
- Whipping cream
- Yogurt (all varieties)

However, on the contrary, an individual with a milk allergy cannot drink milk or consume milk/dairy products. Common dairy foods are shown on this slide. This list is from the Milk Allergy Fact Sheet mentioned earlier in this presentation.

Note, some products on here are NOT creditable to the CACFP meal pattern. However, they could be purchased as ingredients for homemade items, or may be served at an event outside of a CACFP meal, such as an open house or party.

Also remember, as previously mentioned, individuals may also be allergic to the milk proteins from other mammals, such as goats, sheep, and buffalo; therefore, milk and products from these animals should also be avoided.

# Other Foods That May Contain Milk

Cannot consume other foods that contain milk.

## Dishes, Foods, and Products That May Contain Milk

- Artificial butter flavor
- Baked goods (breads, cakes, cookies, crackers)
- Breading on processed meat and poultry products
- Broths and stocks
- Candy (caramel, chocolate, nougat)
- Canned tuna (may contain casein)
- Deli meats
- Flavored chips
- Flavorings (artificial butter, caramel, or natural)
- Foods fortified with protein
- Granola mixes (butter)
- High protein flour
- Instant potatoes
- Luncheon meats, hot dogs, or sausages (may use casein as a binder)
- Milk substitutes (soy-based, nut-based, or rice-based dairy products, possible cross-contact)
- Protein powder (may contain whey or casein)
- Rice cheese
- Shellfish (may be dipped in milk to reduce fishy odor)
- Simplese® (fat substitute)
- Soy cheese

- Cereals
- Baking mixes
- Battered products
- Sausages
- Egg dishes
- Spice mixes
- Salad dressings

Milk is also regularly used in non-dairy products and processed foods as binders, emulsifiers, and flavoring agents. When you have a participant with a milk allergy in your care, you need to be aware of foods and products that may contain milk.

The green box list of items comes from the Milk Allergy Fact Sheet. The list on the right are additional items from the NCA presentation.

# Dairy Ingredients

Cannot consume dairy ingredients.

## Dairy Ingredients

- |                            |                               |                            |                       |
|----------------------------|-------------------------------|----------------------------|-----------------------|
| • Anhydrous butter oil     | • Diacetyl                    | • Lactose                  | • Nisin               |
| • Anhydrous milk fat (AMF) | • Galactose                   | • Lactulose                | • Protein hydrolysate |
| • Butter acid              | • Lactate solids              | • Milk derivative          | • Recaldent™          |
| • Butter ester             | • Lactic acid                 | • Milk fat                 | • Sour cream solids   |
| • Butter oil               | • Lactic acid starter culture | • Milk protein             | • Tagatose            |
| • Butterfat                | • Lactic yeast                | • Milk protein hydrolysate | • Yogurt powder       |
| • Dairy product solids     | • Lactitol monohydrate        | • Milk solid pastes        |                       |
| • Dehydrated yogurt        |                               | • Milk solids              |                       |

The Milk Allergy Fact Sheet also includes lists of dairy ingredients and milk protein ingredients.

It may be alarming to learn that dairy and milk ingredients have so many different names!

# Milk Protein Ingredients

Cannot consume milk protein ingredients.

Milk Protein Ingredients			
<b>Casein</b>		<b>Whey</b>	
<ul style="list-style-type: none"><li>• Ammonium caseinate</li><li>• Calcium caseinate</li><li>• Casein</li><li>• Casein hydrolysate</li><li>• Hydrolyzed casein</li><li>• Iron caseinate</li><li>• Magnesium caseinate</li><li>• Potassium caseinate</li><li>• Sodium caseinate</li><li>• Zinc caseinate</li></ul>	<ul style="list-style-type: none"><li>• Acid whey</li><li>• Cured whey</li><li>• Delactosed whey</li><li>• Demineralized whey</li><li>• Hydrolyzed whey</li><li>• Lactalbumin</li><li>• Lactalbumin phosphate</li><li>• Lactoferrin</li></ul>	<ul style="list-style-type: none"><li>• Lactoglobulin</li><li>• Powdered whey</li><li>• Reduced mineral whey</li><li>• Sweet dairy whey</li><li>• Whey</li><li>• Whey powder</li><li>• Whey protein</li><li>• Whey protein concentrate</li><li>• Whey protein hydrolysate</li></ul>	<ul style="list-style-type: none"><li>• Whey protein isolate</li><li>• Whey solids</li></ul>

Here is the list of milk protein ingredients.



# Reading Food Labels

It is important to read all food labels to check for milk and dairy ingredients as it is not always obvious that a product contains milk. Therefore, next we are going to talk about reading food labels.

# Food Allergens on Food Labels

## Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA)

- Requires foods or ingredients that contain a "major food allergen" be specifically labeled

Foods regulated by the FDA must follow the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA), which requires foods or ingredients that contain a "major food allergen" to be specifically labeled with the name of the allergen source.

# Food Allergens on Food Labels

## Label Requirement(s)

1. Common/usual name  
identifies food source **"Milk"**

LOW FAT VANILLA FLAVOURED YOGHURT  
INGREDIENTS: Skim **Milk**, Concentrated Skim **Milk**, Water, Sugar, Cream (From **Milk**), Thickeners (1422 (From Maize), 1442 (From Maize)), **Milk** Solids, Gelatine, Flavours, Acidity Regulators (331, 332, 270, 330), Enzyme (Lactase), Live Cultures.  
**Contains Milk and Milk Products.**

Common/Usual name

This requirement is met in one of three ways:

The first way is that the food label will include the common or usual name of the ingredient to identify the food source. For example, milk. In the picture on this slide, the label includes 'Milk' in bold and after each dairy ingredient.

# Food Allergens on Food Labels

## Label Requirement(s)

2. Include common name in parentheses after name of ingredient "***Galactose (Milk)***"



In parentheses

The second way is the name of the food source appears in parentheses following the name of the ingredient. For example, the label lists the ingredient galactose with milk listed after in parenthesis.

In the picture on this slide, the label includes 'Milk' in parenthesis after each dairy ingredient that itself is not Milk. You can also see practice of the first way we just talked about on this label where milk ingredients are identified in bold.



# Food Allergens on Food Labels

## Label Requirement(s)

3. Immediately after or next to the list of ingredients in a “contains” statement  
**“Contains milk and soy”**

**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), **water, vegetable oil** (soybean, palm, canola and/or cottonseed), **sugar, leavening** (baking soda, sodium aluminum phosphate, monocalcium phosphate), **contains 2% or less of salt**, dextrose, spice, whey, eggs, soy lecithin.  
**Vitamins and Minerals:** Calcium carbonate, iron, vitamin A, palmitate, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>12</sub>.  
**CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.**

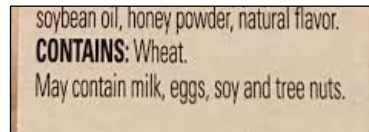
Contains statement

The third way is the common name of the allergen is listed immediately after or next to the list of ingredients in a “contains” statement. Example: “Contains milk and soy.” In the picture on the slide, at the end of the ingredients list is a contains statement “Contains Wheat, Milk, Egg and Soy Ingredients.”

# Food Allergens on Food Labels

## Advisory Statement(s)

1. May contain (allergen): ***“May contain milk”***
2. Produced in a facility that also uses (allergen):  
***“Produced in a facility that also uses milk”***  
***“Used on the same production line:”***



soybean oil, honey powder, natural flavor.  
**CONTAINS:** Wheat.  
May contain milk, eggs, soy and tree nuts.



RICE (ORGANIC WHOLE GRAIN BROWN RICE, ORGANIC CANE SYRUP, SEA SALT), ORGANIC RICE SYRUP, ORGANIC OAT FLOUR, ORGANIC MOLASSES, ORGANIC VANILLA, SALT.  
**CONTAINS: ALMONDS.**  
**USED ON THE SAME PRODUCTION LINE: PEANUTS, TREE NUTS, SOY, WHEAT, MILK.**

Some manufacturers voluntarily include a separate advisory statement, such as “may contain,” “produced in a facility,” or “used on the same production line” on their labels when there is a chance that a food allergen could be present. A manufacturer might use the same equipment to make different products. Even after cleaning this equipment, a small amount of an allergen (such as milk) that was used to make one product (such as muffins) may become part of another product (such as crackers). In this case, the cracker label might state “may contain milk.”

Remember, this statement is voluntary. It is not mandatory.

# Food Allergens on Food Labels



## Avoid foods with advisory statement:

- May contain trace amount of allergen due to cross-contact
- Cross-contact: When one food allergen comes into contact with another food

Foods with an advisory statement should be avoided as the product may contain a trace amount of a particular allergen due to *cross-contact*. Cross-contact is when one food allergen comes in contact with another food, transferring the allergen to the new food.

# Food Allergens on Food Labels

## Allergen – free claims are not regulated

- Product may be made in a facility where allergen is present
- Product may be free from milk and cream but not free of milk proteins
  - Always read ingredient list



Food labels may also claim the product is free from a particular allergen. These claims are not regulated, and the product may be made in a facility where the allergen is present.

No regulatory definition exists for the term, dairy-free. Without a regulatory definition in place, there can be no assurance that foods labeled as "dairy free" are in fact free from any milk proteins.

Always read the ingredient list of products that claim to be dairy-free. Some companies may use this term to describe lactose-free or low-lactose products for individuals with lactose intolerance. Or they may use it on products that are free of traditional dairy ingredients such as milk and cream but not free of milk protein ingredients.



**INGREDIENTS**

Soymilk (Filtered Water, Soybeans), Cane Sugar, Corn Starch, Tricalcium Phosphate, Pectin, Natural Flavor, Dipotassium Phosphate, Sea Salt, Citric Acid, Live And Active Cultures, Mixed Tocopherols And Vitamin C Ester (to protect freshness), Vitamin D2.  
CONTAINS SOY.

We work hard to keep the information on this website up-to-date, but please check the label on your product for the most current ingredient statement.

Here is a product labeled dairy free. No, this is not a product that is labeled dairy-free that includes milk products. You can see in the contains statement that there is no milk.

However, notice the statement here at the bottom. This is on the manufacturer's website. The statement indicates that product information can change so it is always important to read food labels for the most current ingredient statement.

# Food Allergens on Food Labels

## When in Doubt, Leave it Out!

- Manufacturers can change their recipe on how they make a certain product any time without notification
- Always read the food label for potential food allergens every time a product is purchased
- If necessary, contact manufacturer for clarification

Manufacturer's can and do change product recipes and will not announce it!. Therefore, always read food labels for potential allergens, even for products that you regularly purchase and think are safe. If you have questions, call the manufacturer.



# Accommodating Meals

Next, we will discuss accommodating meals in the CACFP for participants with a disability.

# Must Offer Modifications for Disabilities



Program must provide an appropriate substitute



Refer to medical statement



Work with family



May never require family to provide modification

Programs must provide appropriate substitution(s), at no extra charge, to effectively accommodate a disability.

To understand what foods to substitute and/or how to accommodate a disability, the first place to start is with the medical statement. However, you may also need to work with the family to fully understand the extent of the disability and how to accommodate.

Programs may never require families to provide a meal substitution or accommodation. However, families can choose to decline an appropriate accommodation made by the program and provide the meal substitutions/accommodations. For example, if after the program has offered to make accommodations to read labels, provide food substitutions, etc., and the family feels more comfortable bringing in meals, they may choose to do so.

**NOTE:** If this happens and the family provides all components of the meal, meals cannot be claimed. The program must provide at least one meal component. Ex. family provides meat, grain, and milk component. Center provides fruit and vegetable component.



# Accommodating Milk Allergy

## Serve Substitutions



- Specified foods to accommodate disability
- Prepare alternate foods

## Read Food Labels



Ensure foods do not contain allergen

## Update Menus for All



Include more meals and snacks free of milk\*

## Review Menu with Family



Continuous communication on food served

\*Milk must still be served at breakfast, lunch and supper. However, meals can be free of milk ingredients in other food components.

Here are some ways programs can accommodate milk allergies:

- Serve a specified milk substitute (this will be discussed in more detail later in the presentation) and/or prepare and serve different menu items.
- Read food labels to ensure foods do not contain milk.
- Update your programs menus to include more meals and snacks that are free of milk\*. This will minimize the need to make menu substitutions or prepare extra dishes.
- Last, review menus with the family. Have continuous communication with families about your program's menus and the foods served. Do they have any concerns? Do you have any concerns?

\*Milk must still be served at breakfast, lunch and supper. However, meals can be free of milk ingredients in other food components.



## CACFP Meal Modification Ideas

Next, we will go over some meal modification ideas for accommodating milk allergies.

# Breakfast Modification

How do you make your oatmeal?

Milk

OR

Water



Make oatmeal with water for all participants in your care



If you serve oatmeal and typically make it with milk, make oatmeal with water instead.

# Breakfast

## How can you modify a cheese omelet?

Leave out cheese

Scrambled eggs without cheese/milk



Check food label for  
dairy products

Here we have an omelet with cheese, tater tots and milk.

How can you modify a cheese omelet?

- Leave out the cheese.
- Consider making scrambled eggs without milk or cheese.

What else would you want to consider for this meal?

- Check the tater tots food label for possible milk/dairy ingredients.
- An appropriate substitute will need to be served in place of milk.

## Plant-based or alternative cheeses are not creditable in the CACFP

Aim to serve a creditable meat/meat alternate. Alternative / plant-based cheese can be served as an extra.



Let's take a moment and talk about cheese. You may have thought, during the previous slide, that you could modify a cheese omelet by substituting a plant-based cheese. These include cheeses that are labeled dairy-free cheese, cheese alternative, soy cheese, or vegan cheese.

Plant-based or alternative cheeses are not creditable in the CACFP and cannot be served to meet the meat/meat alternate component of the CACFP meal pattern. Programs should aim to serve a creditable meat/meat alternate to provide protein and only serve non-creditable items as extras.

- There is zero to minimal protein in these foods
- Ingredients are starch and oils

NUTRITION

<b>Nutrition Facts</b>		Amount/serving	% DV	Amount/serving	% DV
10 servings per container		<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carb.</b> 4g	<b>1%</b>
<b>Serving Size</b> <b>1 slice (22g)</b>		Sat. Fat 4g	<b>20%</b>	Fiber 0g	<b>0%</b>
<b>Calories per serving</b> <b>60</b>		Trans Fat 0g		Total Sugars 0g	
		<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
		<b>Sodium</b> 170mg	<b>7%</b>	<b>Protein</b> 0g	
		Vitamin D 0mcg 0% • Calcium 140mg 10% • Iron 0mg 0% Potassium 8mg 0% • Vitamin B <sub>12</sub> 1mcg 40%			

L-00023US 1.00

INGREDIENTS

Filtered Water, Potato Starch, Coconut Oil, Expeller Pressed: Canola and/or Safflower Oil, Salt, Tricalcium Phosphate, Vegan Natural Flavors, Pea Protein, Xanthan Gum, Lactic Acid (Vegan), Konjac Flour, Fruit and/or Vegetable Juice Color, Annatto Color, Vegan Enzyme, Vitamin B12.

[Learn more about our ingredients. >](#)

Looking at the ingredients list of one brand of plant-based/alternative cheese, the ingredients are primarily water, starch, and oil. There is also no protein present in this product.

# Breakfast

## What about waffles?

- Check food label for "milk" products.
- Some mixes may contain milk. Consider making from scratch.
- Use water, approved milk alternative beverage, or applesauce to substitute the milk.



Here we have waffles. What concerns do you have and what should you check for?

- Store-bought frozen waffles: Check food label for milk ingredients.
- Homemade waffles: Make homemade waffles using water, applesauce, or an allowed non-dairy substitute when recipe calls for milk. Make a batch and freeze to use in the future.

## Lunch/Supper

Chicken with alfredo sauce?



What about chicken with alfredo sauce? What are the concerns?

- Milk-based alfredo sauce

What dish can you serve instead of chicken alfredo?



## Lunch/Supper

**Change menus to serve a  
tomato-based dish**

- No added cheese on top



Change menus to serve a tomato-based dish such as spaghetti with meat sauce. Do not add cheese to the dish or as a topping.

## Lunch/Supper

### Grilled cheese?



Grilled cheese is a popular menu item. What are the concerns with this menu item?

- Cheese contains milk
- Bread may contain milk as well
- Butter used on the outside of the sandwich before it is put on the pan/griddle

How can you modify this menu item to ensure it is safe for participants with a milk allergy?

# Lunch/Supper

## Grilled ham or turkey and plant-based cheese (not creditable)

- Make ham or turkey and cheese melts for all participants



Check deli meat food label for dairy products

Serve a grilled ham or turkey and plant-based cheese sandwich (serve a ham/turkey and regular cheese sandwich to participants without a dairy allergy).

- Note, the plant-based cheese does not count towards the meat/meat alternate component, however, it helps provide a meal that is like the menu item served to everyone else.
- Serve ham/turkey as the meat/meat alternate component. Read food labels and purchase a ham/turkey that does not contain milk.
- Read the food label / ingredients list of bread and serve a bread that does not contain milk.
- Instead of butter, use mayonnaise on the outside of the sandwich before it is put on the pan/griddle. Read the food label /ingredients list before purchasing a brand of mayonnaise; however, most mayonnaise does not include milk.

## Lunch/Supper

**Fish sticks, bread,  
cucumbers, pineapple,  
and milk**



Store-bought fish sticks are another popular menu item. This meal includes fish sticks, bread, cucumbers, pineapple, and milk.

What are the concerns with this meal?

- Fish sticks
- Bread
- An appropriate substitute will need to be served in place of milk

## Lunch/Supper

Looking at the label to the right, can these fish sticks be served to a participant with a milk allergy?

**INGREDIENTS:** 65% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE YELLOW CORN MEAL, RANCH SEASONING [MALTODEXTRIN, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, DISODIUM INOSINATE & DISODIUM GUANYLATE, NATURAL FLAVOR, MODIFIED FOOD STARCH, BUTTERMILK], CORN STARCH, SALT, RICE STARCH, VITAL WHEAT GLUTEN, YEAST, LEAVENING [CREAM OF TARTAR, SODIUM BICARBONATE], TAPIOCA STARCH, MALTED BARLEY FLOUR).  
CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.

Looking at the label for a store-bought fish stick, can these fish sticks be served to a participant with a milk allergy?

# Lunch/Supper



Milk is listed in the Contains Statement. These fish sticks cannot be safely served to participants with a milk allergy.

**INGREDIENTS:** 65% FISH (ALASKA POLLOCK), 35% BATTER & BREADING (WHOLE WHEAT FLOUR, VEGETABLE OIL [SOYBEAN AND/OR CANOLA], ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, WHOLE YELLOW CORN MEAL, RANCH SEASONING [MALTODEXTRIN, SALT, DEHYDRATED ONION, DEHYDRATED GARLIC, DISODIUM INOSINATE & DISODIUM GUANYLATE, NATURAL FLAVOR, MODIFIED FOOD STARCH, BUTTERMILK], CORN STARCH, SALT, RICE STARCH, VITAL WHEAT GLUTEN, YEAST, LEAVENING [CREAM OF TARTAR, SODIUM BICARBONATE], TAPIOCA STARCH, MALTED BARLEY FLOUR).  
CONTAINS FISH (ALASKA POLLOCK), WHEAT, MILK.



No! There is a Contains Statement at the bottom that includes 'Milk.'

# Lunch/Supper

## Find a fish stick that does not contain milk

- Need to have a Child Nutrition (CN) label or Product Formulation Statement (PFS)

## Make homemade fish sticks with fish filets

- Use breading that does not contain milk
- Use egg as base for breading



## What can you serve instead?

- Find a fish stick that does not contain milk. Remember: For all store-bought combination foods, such as fish sticks, and processed meat/meat alternates, a Child Nutrition (CN) label or Product Formulation Statement (PFS) must be obtained and on file to credit the food item to the CACFP meal pattern. If a CN label or PFS cannot be obtained or is not available, the item cannot be served.
- Make homemade fish sticks using fish filets. Use breading that does not contain milk and use egg as a base for breading.

# Snacks

Cheese fish crackers?



Now, let's move onto snacks.

Here we have cheese fish crackers and blueberries. What are the concerns?

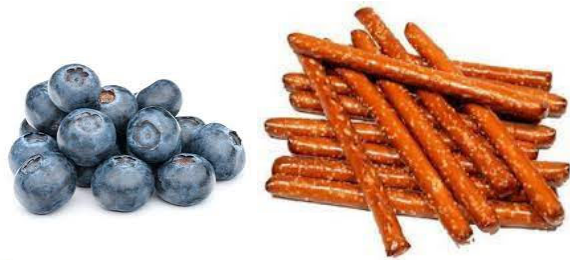
- The cheese fish crackers contain milk.

So, what can be served instead?



## Snacks

Replace cheese fish  
crackers with pretzel  
“fishing” rods



Replace with pretzel ‘fishing’ rods. Check the ingredients list for milk.

Note, pretzel fish crackers do contain milk. Always read food labels before purchasing a product.

# Snacks

Regular yogurt?



Here we have regular strawberry yogurt and bananas. What are the concerns?

- Yogurt contains milk

What can be served instead?

# Snacks

## Soy yogurt



Serve a strawberry soy yogurt and bananas. Check the soy yogurt label to ensure it does not contain milk.



# Milk Component

Last, we will discuss the milk component.

# Must Offer Modifications for Disabilities



Program must provide an appropriate substitute



Refer to medical statement



Not required to provide exact modification requested, must determine a reasonable modification



May never require family to provide modification

Remember, when a participant has a disability (such as a milk allergy or lactose intolerance) programs must provide an appropriate substitute at no extra charge to effectively accommodate a disability.

Again, refer to the medical statement for what to offer. With that said, programs are not required to provide the exact modification requested; for example, a program is not required to provide a particular brand name but must offer a substitute that does not contain the specific allergen. You must work with the family to determine a reasonable modification. All disabilities must be accommodated on a case-by-case basis.

Programs may never require the family to provide the accommodation. However, families can choose to decline an appropriate accommodation made by the program and provide the substitutions.

## Let's Talk the Milk Component

**Participants with a milk allergy  
or lactose intolerance cannot  
consume regular milk**



Participants with a milk allergy or lactose intolerance cannot consume regular milk. Milk is a required component at breakfast, lunch and supper, and may be served as one of the two components at snack. So, what do you serve in place of regular milk?



**Remember!!!**

Participants with a milk allergy or lactose intolerance (most likely) have a **medical statement** that specifies an **appropriate substitution**.

Remember! Participants with a milk allergy or lactose intolerance (most likely) have a medical statement that specifies an appropriate substitution. However, if the medical statement is unclear, or lacks sufficient detail, you must obtain clarification so that a proper and safe meal can be provided. For example, if the statement just says the participant is lactose intolerant but does not indicate what to serve in place of milk, you need to get more information on what to serve the participant.

# Milk Substitutions for Disability

**Offer to provide the substitute specified on statement...might be.....**

- Oat milk\*
- Almond milk\*
- Other non-dairy beverages\*
- Lactose-free milk (lactose intolerance only)
- Creditable soy milk



**\*Not creditable: Okay to serve and claim meals when supported with a medical statement for disability**

A substitution served for a disability does not need to be creditable. Therefore:

- If a medical statement specifies a participant must be served oat milk, offer to provide an oat milk.
- If it specifies almond milk, offer to provide almond milk.
- If it specifies to serve a different non-creditable beverage, offer to provide that beverage.

Meals served for disability reasons can be claimed, even when meals do not meet meal pattern requirements, when supported with a valid medical statement.

A creditable substitute can also be served with or without a valid medical statement for a disability. This includes creditable soy milk, lactose-free milk, and lactose-reduced milk.



# Milk Substitute Requests: Non-Disability



- General health concern and/or preference such as eating organic, vegetarian, religious or ethnic preferences
- Requests not supported by a valid written medical statement

You may also be wondering, what about the times you get a request to serve a milk substitute that is not due to a disability. The reason for the request may be due to eating certain foods or eliminating foods from the diet due to a general health concern and/or preference such as eating organic, vegetarian or for religious or ethnic preferences. However, this may also include requests that are not supported by a valid written medical statement. For example, you received a medical statement that just states “serve this participant soy milk” but the participant does not have a disability to support the request; it is a doctor supporting the family's request.

# Non-Disability Requests



Programs not required, encouraged to accommodate



Accommodations must be creditable & all components served



Families may provide one creditable component

For non-disability requests, programs are not required, but are encouraged, to accommodate and make substitutions.

All accommodations made for non-disability requests must be creditable and all required components must be served.

Families may provide one creditable component for non-disability reasons.

# Creditable Milk Substitutes

- Lactose-free milk
- Creditable non-dairy beverages
  - Some soymilks
  - Ripple milk (non-soy)(specific items only)



Creditable milk substitutes include lactose-free milk, and creditable non-dairy beverages which currently include some soy milks and a couple specific items made by Ripple.

# Creditable Non-Dairy Beverages

## Creditable Non-Dairy Beverages

### (Fluid Milk Substitute)

[\(Creditable Non-Dairy Beverages Spanish\)](#)

[\(Creditable Non-Dairy Beverages Hmong\)](#)



#### Creditable Non-Dairy Beverages (Fluid Milk Substitute)

A creditable non-dairy beverage meets or exceeds the amount of nutrients found in one cup of cow's milk and can be served as a creditable fluid milk substitute in the Child and Adult Care Food Program (CACFP).

##### Nutrient Requirements

Creditable non-dairy beverages must meet or exceed the nutrient requirements provided in the table below.

- Creditable non-dairy beverages are not required to be low-fat or fat-free.
- When served to children 1-5 years old, they must be unflavored.

Nutrients	Requirement per cup (8 fluid oz.)
Protein	8 grams
Calcium	276 mg
Vitamin A	500 IU or 150 mcg
Vitamin D	100 IU or 2.5 mcg
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	.44 mg
Vitamin B-12	1 mcg

Beverages that do not meet or exceed the nutrient requirements in the table above, for example almond, cashew, coconut, hemp, oat, and rice milks, water, and juice, cannot be served as a milk substitution unless a valid medical statement for a disability is on file.

##### Requests for a Creditable Non-Dairy Beverage

A creditable non-dairy beverage may be served when there is a written and signed request from parents, guardians, adult participants or the caregivers of an adult participant, or a medical authority. The request must include the reason for the substitution. Any reasonable request can be accepted (e.g., milk allergy/intolerance, dietary preference, or religious, cultural, or ethical reasons).

##### List of Creditable Non-Dairy Beverages

Products listed on the following page were evaluated by DPI CNT and meet or exceed nutrient levels as of 5/20/2022. Products are not endorsed by the Wisconsin Department of Public Instruction (DPI).

If serving a product not listed, programs are responsible for ensuring that it meets or exceeds nutrient requirements by comparing the nutrients listed on the Nutrition Facts label to the nutrient requirements listed above. If amounts of all nutrients are the same or more, the beverage is creditable.

The full list of creditable non-dairy beverages is on the Creditable Non-dairy Beverages handout. It can be accessed by clicking on the link on this slide.

Creditable non-dairy beverages meet or exceed the nutrients found in cow's milk. A chart of these nutrients is included on the handout.

If serving a product not listed, programs are responsible for ensuring that it meets or exceeds nutrient requirements by comparing the nutrients listed on the Nutrition Facts label to the nutrient requirements listed on the handout. If amounts of all nutrients are the same or more, the beverage is creditable.

You can also contact your DPI consultant at anytime to help you evaluate a non-dairy substitute.

# Non-Creditable Beverages

- Almond milk
- Cashew milk
- Coconut milk
- Hemp milk
- Oat milk
- Rice milk
- Water
- Juice

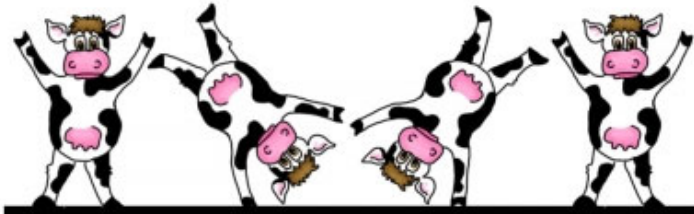


A medical statement for a disability is required to be on file to serve these beverages and claim meals for reimbursement.

Finally, you may be wondering about what to do when you get requests to serve non-creditable beverages for a non-disability related reason. Non-creditable beverages include those shown on this slide and any other type of beverage that is not nutritionally equivalent to cow's milk.

Because these beverages are not creditable, when they are served in place of milk for a non-disability reason regardless of who provides it (the program or the family), the meal is not reimbursable and cannot be claimed.

Remember: Meals that include non-creditable beverages are only reimbursable (meals can be claimed) when a valid medical statement for a disability is on file.



THANK  
YOU

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