

## Milk Substitutions & Creditable Milks In the Florida Child Care Food Program

For children ages one and older, CCFP regulations require that each child’s breakfast, lunch, and supper must include fluid milk to be eligible for reimbursement. Fluid milk may also be served as one of the two components of a snack.

**Creditable fluid milks include breastmilk, as well as pasteurized fluid types of cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk.**

Non-dairy fluid milk substitutions may be served when requested in writing the by child’s parent or guardian. The written request must identify the medical or special dietary condition that restricts the diet of the child, such as milk allergy or vegan diet. In order for the meal to be reimbursable, the non- dairy beverage must be nutritionally equivalent to fluid milk. Child care providers or parents may provide the non-dairy beverage.

### For Children Ages One through Five

**The following non-dairy (soy-based) beverages meet required nutritional standards for approved milk substitutions:**

- 8th Continent Soymilk Original
- Great Value Original Soymilk
- Kikkoman Pearl Organic Soymilk Smart Original
- Sunrich Naturals Original Soymilk
- Westsoy Organic Plus Plain Soymilk

### For Children Ages Six and older

**The beverages listed above *and* the ones below meet required nutritional standards for approved milk substitutions:**

- 8th Continent Soymilk Vanilla
- Kikkoman Pearl Organic Soymilk Smart Creamy Vanilla
- Sunrich Naturals Vanilla Soymilk
- Westsoy Organic Plus Vanilla Soymilk

Non-dairy beverages must meet the following specific nutritional standards to be considered nutritionally equivalent to milk.

Nutrient	Requirement Per Cup	% of Reference Daily Intakes
Protein	8 grams	
Calcium	276 mg	About 28%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	About 22%
Potassium	349 mg	10%
Riboflavin	.44 mg	About 26%
Vitamin B <sub>12</sub>	1.1mcg	About 18%