

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

For children ages 1 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 unflavored or flavored cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk.

The Healthy, Hunger-Free Kids Act (HHFKA) of 2010 allows the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk for those children with special dietary conditions, other than a disability, who cannot drink any of the creditable milks above. Non-dairy milk substitutes must meet specific nutritional standards as noted on page 2.

In addition, the HHFKA allows *parents or guardians to request in writing non-dairy milk substitutions without providing a medical statement*. 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.

Child care providers or parents may provide the non-dairy beverage. However, in order for the meal to be reimbursable, the non-dairy beverage must be nutritionally equivalent to fluid milk.

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

- 8th Continent Soymilk Original
- 8th Continent Soymilk Vanilla
- Great Value Soymilk Ultra-Pasteurized
- Kirkland Organic Soymilk Plain
- Pacific Ultra Soy Plain
- Pacific Ultra Soy Vanilla
- Silk Original Soymilk
- Sunrich Naturals Soymilk Original
- Sunrich Naturals Soymilk Vanilla
- Westsoy Organic Plus Plain Soymilk
- Westsoy Organic Plus Vanilla Soymilk

Each of the companies listed has information regarding product availability on their websites:

www.8thcontinent.com/product-finder/
www.walmart.com/
www.costco.com
www.pacificfoods.com/retail-stores/
www.silk.com/where-to-buy
www.sunrich.com/where-to-buy.html
<http://www.westsoymilk.com/store-locator/>

If a child care provider has any question about these or other non-dairy beverages, please contact the State office at 850-245-4323 for assistance.