

Montana Department of Public Health and Human Services	Policy
	MT CACFP 2002-5 Rev 3
	Section: All Institutions and Facilities
Child and Adult Care Food Program	Subject: Food Substitutions and Modifications
	Date Revised: 9/1/2016

## FOOD SUBSTITUTIONS AND MODIFICATIONS

Considerations of safety, nutrition and dietary needs are a priority for CACFP meal services to all of its participants.

Providers may make food substitutions when one allowable food item from the planned menu is replaced by another food from the same food component category. For example, apples may replace oranges, or chicken may replace pork. When these substitutions are made, they must be documented on the menu prior the start of the meal service. These substitutions are also permitted to meet an individual participant's food preferences, ethnic, religious, economic, food allergies or intolerances, or other needs. These substitutions must be documented in the provider's records. [Ref: 226.20(h)]

Providers are required to make substitutions to the planned menu for participants whose disability restricts or modifies their diet. Providers *may* make substitutions or modifications to the planned menu for participants who are not disabled but are unable to eat the planned foods because of special dietary needs. Not any additional CACFP funds are available to providers for the cost of any food substitutions or modifications for any reason.

### Dietary needs due to a disability

For food substitutions or modifications to the meal pattern due to a disability of a participant, providers must use the CACFP form titled *Medical Statement to Request Special Meals and/or Accommodations*, located on the State agency website for the CACFP, ([www.bestbeginnings.mt.gov](http://www.bestbeginnings.mt.gov)) in the Documents area. The box "Participant has a disability or a medical condition and requires a special meal or accommodation" must be checked. The form must be completed and signed by a licensed physician or a State recognized medical authority. Information such as a diet prescription can appear either on the form or attached to the form. If the information is attached to the form, it must contain the information required in the form. The information must include the foods to be omitted and a list of acceptable food substitutions and modifications. All information containing food substitutions and modifications for participants with a disability must be kept confidential, complying with the Health Insurance Portability and Accountability Act (HIPAA). If the parent or guardian rejects the requirement for confidentiality and requests that information about the food substitutions or modifications for the participant be communicated to others in the facility, then the provider must follow the parent or guardian's written and signed instructions for this communication.

### For non-disability dietary needs

Food substitutions or modifications *not* due to a disability of a participant, and which comply with the regulatory CACFP meal pattern, do not require documentation from a physician or a recognized medical authority. The CACFP form titled *Medical Statement to Request Special Meals or Accommodations* is available to providers for use for documentation of these requests. Whenever reasonably possible, the provider must supply the requested food substitutions or modifications. The provider makes these substitutions and modifications at its discretion. For example, when the substitute food is high in cost and would impose undue hardship on the provider, or when substitute food is a medical food prescribed by a physician and is available only by special order or through a pharmacy, then the provider may ask the parent or guardian to supply it.

### Milk

Regarding milk substitutions and modifications for participating children and adults who do not have a disability, they must be served a beverage nutritionally equivalent to cow's milk even if accompanied by a *Medical Statement to Request Special Meals or Accommodations* form.

#### Fluid Cow Milks

Reduced-lactose milk, acidophilus milk and ultra-high temperature processed milk are acceptable substitutions for fluid cow milk for children or adults who request them. Parents, on behalf of their child participant, or an adult participant must provide a written request for these milk substitutions. These fluid cow milk substitutions are served at the option and the expense of the provider.

#### Non-Dairy Beverages

Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, magnesium, phosphorus, potassium, riboflavin and vitamin B-12 levels found in cow's milk. The nutrient standards for non-dairy beverages are outlined in the CACFP regulations in 226.20(g)(3). Parents, on behalf of their child participant, or an adult participant must provide a written request for the non-dairy beverage substitution that is nutritionally equivalent to milk. Non-dairy beverage substitutions are served at the option and the expense of the provider. Examples of non-dairy beverages that presently meet this criteria are 8<sup>th</sup> Continent Original Soymilk and Pacific Natural Ultra Soymilk Plain. Examples of non-dairy beverages that do *not* meet this criteria include rice milk, almond milk, coconut milk, and others.

Meals containing food substitutions and modifications that do not comply with USDA FNS rules for food substitutions or modifications in Child Nutrition Programs cannot be claimed for reimbursement to the CACFP or may be the basis for an overclaim against the provider.

For additional information about milk in the CACFP, see:

USDA FNS Memo CACFP 17-2016, Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers, July 14, 2016.

USDA FNS Instruction 783-2 Accommodating Children with Special Dietary Needs, 2001.

USDA FNS Nutrition and Wellness Tips for Young Children, A Handbook for the Child and Adult Care Food Program, Supplement A: Choking Prevention, and Supplement B: Care for Children with Food Allergies, June 2013, pages 77-86.

USDA FNS Independent Child Care Centers, A Child and Adult Care Food Program Handbook, May 2014, pages 35-36.

USDA FNS Family Day Care Homes Monitor Handbook, A Child and Adult Care Food Program Handbook, February 2012, pages 23-25.

USDA FNS At-risk Afterschool Meals, A Child and Adult Care Food Program Handbook, Revised July 2015, page 38.

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