

	MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES CHILD AND ADULT CARE FOOD PROGRAM	ISSUED	REVISED	CHAPTER	SECTION
	Sponsoring Organizations of Homes POLICY & PROCEDURE MANUAL	12/90	6/12	10	10.5
CHAPTER Chapter 10. Meal Pattern		SUBJECT Substitutions			

To claim a meal for reimbursement, the child must be served the required minimum components. Exceptions to this requirement occur under the following circumstances:

Physical Needs

Sponsoring organizations of homes who participate in the CACFP are required to make substitutions or modifications to the meal pattern for participants with disabilities. If a participant is unable to consume the meals offered to non-disabled participants, appropriate substitutions to the meal pattern must be provided.

A participant whose disability restricts his or her diet shall be provided substitutions in foods only when supported by a medical statement signed by a physician. The medical statement must be kept on file at the center and shall identify:

- The participant's disability and an explanation of why the disability restricts the participant's diet;
- The major life activity affected by the disability; and
- The food or foods to be omitted from the participant's diet and the food or foods that must be substituted.

Reimbursement for meals served with an authorized substitute food to disabled participants shall be claimed at the same reimbursement rate as meals which meet the meal pattern. There shall not be a supplementary charge for the substituted food item.

Medical Reasons

Sponsoring organizations may make substitutions for participants who are not disabled but are unable to consume a food item because of medical or other special dietary needs. Substitutions may only be made on a case by case basis.

Participants with medical or special dietary needs may have substitutions to the meal pattern only when supporting documentation is on file. The documentation must be signed by a recognized medical authority such as a physician, physician assistant, or nurse practitioner and must include the following (note exception for non-dairy beverages below) :

- An identification of the medical or other special dietary need which restricts the participant's diet; and
- The food or foods to be omitted from the participant's diet, and the food or foods that may be substituted.

Reimbursement for meals served with an authorized substitute food shall be claimed at the same reimbursement rate as meals which meet the meal pattern. There shall not be a supplementary charge for the substituted food item.

Non Dairy Substitutions

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296, has modified requirements for fluid milk and fluid milk substitutions in the Child and Adult Care Food Program (CACFP). Fluid milk served in the CACFP must be consistent with the 2010 Dietary Guidelines for Americans. In addition, the Act allows the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk in cases of special dietary needs. **This provision is effective immediately and full compliance should occur no later than October 1, 2011.**

Substitutions for Fluid Milk (cow's milk):

Non-dairy beverages, such as soy milk, rice milk, or almond milk, may be served in lieu of fluid milk provided the following:

1. Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. Only a beverage meeting the nutrient standards at levels specified may be substituted for fluid milk as follows:

Nutrient	Per one (1) cup (8 ounces)
Calcium	276 mg.
Protein	8 gm.
Vitamin A	500 IU.
Vitamin D	100 IU.
Magnesium	24 mg.
Phosphorus	222 mg.
Potassium	349 mg.
Riboflavin	0.44 mg.
Vitamin B-12	1.1 mcg.

It should be noted that the availability of nutritionally equivalent non-dairy beverage products that meet USDA's criteria as a fluid milk substitute is limited to the following soy products and not available in all parts of Missouri: 8th Continent Original Soy Milk, Pacific Natural Ultra Soy Milk (Plain), Pacific Ultra Soy Milk (Vanilla), Kikkomon Pearl Organic Soymilk (Creamy Vanilla), and Kikkomon Pearl Organic Soymilk (Chocolate).

2. Parents or guardians may now request in writing a non-dairy milk substitution without providing a medical statement. The non-dairy beverage must be nutritionally equivalent to milk in order to claim the meal for reimbursement. Such substitutions are at the option and expense of the facility.

The Act does not specify the medical or special dietary needs that are covered by the milk substitution provision. Any reasonable request could be accepted at the discretion of the center. For example, a request due to milk intolerance, vegan diet, as well as religious, cultural or ethical reasons would be acceptable and could be accommodated. If a request only states that a child does not like milk, this would not be a reasonable request for a milk substitute.

Example: if a parent has a child who follows a vegan diet, the parent can submit a written request to the child's caretaker asking that soy milk be served in lieu of cow's milk. The written request must identify the medical or other special dietary need that restricts the diet of the child. It is at the center's option and expense to meet the request for the vegan diet.

Ethnic, Religious, or Economic Needs

Variations made due to ethnic, religious or economic needs may be made on an experimental or on a continuing basis with approval from Food and Nutrition Service (FNS). A sponsoring organization may request FNS approval by submitting a letter to MDHSS-CFNA, stating the substitutions to be made and the reasons for their necessity.