

# Milk Component



This handout provides information about the new milk requirements for children 1 year and older and adult participants in the Adult Care Component. A separate handout on the new infant meal pattern requirements will be distributed. The term *Program* refers to all facility types: group child care centers, family day care homes, afterschool programs, and adult care centers.



## New Requirements Effective October 1, 2017

- Milk served to one year olds must be unflavored whole milk.
- A one-month transition period is allowed for children 24 months to 25 months old. They may have whole or reduced-fat (2%) milk as they transition to low-fat (1%) or fat-free (skim) milk.
- Flavored milk, including flavored non-dairy beverages, **cannot** be served to children 1 through 5 years old.
- Fat-free flavored milk and flavored non-dairy beverages **can be** served to children 6 years and older, as well as adult participants.
- **Adult Care Centers Only:** Yogurt (6 ounces by weight or  $\frac{3}{4}$  cup by volume) may be served to adults in place of fluid milk once per day.

## What can you start doing now?

All new milk requirements may start being implemented now.



### Q&A

*If one year old and two year old children sit together for the same meal, must they be served different types of milk?*

Yes, starting October 1, 2017, children 2 years old and older must be served unflavored low-fat or fat-free milk and children one year of age must be served unflavored whole milk. The fluid milk requirements are based on age to ensure that children are receiving the nutrients they need for growth and development. Programs must ensure that children of various ages seated together receive the appropriate type of milk.

## Flavored Milk & Syrup

### Children 1 through 5 years old

- Flavored milk is not allowed as part of a reimbursable meal.
- Syrup (including zero calorie and sugar-free syrups) cannot be added to unflavored milk because this turns the beverage into flavored milk.



### Children ages 6 years and older and adult participants

- If served, flavored milk must be fat-free.
- Syrup (including zero calorie and sugar-free syrups) may only be added to fat-free (skim) milk.

## Why Can't Flavored Milk be served to Children under 6 Years Old?

Research indicates that flavor and food preferences are shaped early in life and that the more sweet foods children consume, the more they prefer sweet foods. It is important to establish in young children the habit of drinking unflavored milk as they develop their taste preferences.

## Recordkeeping Requirements



All Programs **must** document the type of milk served on their menu. This includes listing the fat content (e.g. whole, low-fat or 1%, and fat-free or skim) **and** if the milk is flavored.

## Pop Quiz



### True or False:

Sugar-free syrups may be added to milk for children ages 1 through 5 years old.

See next page for the answer...

## Promote Breastfeeding

Breastmilk is an allowable fluid milk to serve children past 1 year of age, for as long as the mother chooses to breastfeed.



## Transition Month

Milk served to one year olds must be unflavored whole milk. USDA recognizes that switching immediately from whole milk to low-fat or fat-free milk when a child turns two years old may be challenging. Therefore, USDA is allowing a one-month transition period.

This means that meals served to children 24 months to 25 months old containing whole milk or 2% milk may be claimed for reimbursement.

## Non-Dairy Beverages

Participants who cannot consume cow's milk for a medical reason or life-style choice may be served a non-dairy beverage that is nutritionally equivalent to milk.

- When served for life-style choice, the parent/guardian or the adult participant (*or a person on-behalf of the adult participant*) must provide a written request for serving the non-dairy beverage; a medical statement is not required.
- Non-dairy beverages that **are not** nutritionally equivalent to cow's milk are only reimbursable when a medical statement is on file.
- Programs may claim the meal for reimbursement when either the Program or a parent/guardian or adult participant supplies a non-dairy beverage nutritionally equivalent to cow's milk.
- Non-dairy beverages served to children 1 through 5 years old must be unflavored.
- Click [here](#) for a list of allowable Non-Dairy Beverages.

### Q&A

*If the parent agrees to provide the non-dairy beverage, but brings in one that is not nutritionally equivalent to milk, can the Program serve it and still receive reimbursement?*

If a non-dairy beverage is served that is **not nutritionally equivalent** to milk, then the meal is **not reimbursable**. Programs should inform parents, guardians, and adult participants about the types of creditable non-dairy beverages.

## Reimbursable Milk Types

Reimbursable milks for children 2 years old and older and adult participants:

- Low-fat (1%) or fat-free (skim) milk
- Low-fat (1%) or fat-free (skim) lactose reduced milk
- Low-fat (1%) or fat-free (skim) lactose free milk
- Low-fat (1%) or fat-free (skim) buttermilk
- Low-fat (1%) or fat-free (skim) acidified milk

## Milk Requirements Summary

Age	Milk Requirement
1 year	Unflavored whole milk
2-5 years	Unflavored low-fat (1%) Unflavored fat-free (skim)
6 years and older and Adult Participants	Unflavored low-fat (1%) Unflavored fat-free (skim) Flavored fat-free (skim)
Adult Participants (Only)	Yogurt may be served in place of fluid milk once per day. Yogurt cannot be served for both fluid milk and the meat alternate in the same meal.

## For More Information

Refer to our New Meal Pattern [website](#) and USDA Policy Memo: [CACFP 17-2016](#)



### Pop Quiz Answer:



*The answer is false.*

Syrup (including zero calorie and sugar-free syrups) may be added to fat-free milk for children ages **6 years old and older or adult participants** only. Adding syrup to unflavored milk turns the beverage into flavored milk, which is not creditable for children ages 1 through 5.

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