

MILK ALLERGY & THE CACFP

A **milk allergy** is a reaction in the body to milk or dairy products. **Milk allergies are** one of the most common food allergies in children. While allergies are a serious medical condition, a child with a **milk allergy** can participate in the CACFP (Child and Adult Care Food Program).

Lactose intolerance is different than a milk allergy; it is the inability to digest milk or dairy products (see *Lactose Intolerance & the CACFP handout for more information*).

SIGNS AND SYMPTOMS OF A MILK ALLERGY MAY INCLUDE:

- Hives
- Wheezing
- Shortness of breath or coughing
- Itching or tingling around the mouth
- Vomiting
- Loose stools or diarrhea
- Abdominal cramps
- Colic, in babies

FOODS TO AVOID WITH A MILK ALLERGY:

- Butter
- Milk
- Yogurt
- Cheese
- Ice cream
- Some infant formulas

WHEN READING A FOOD LABEL LOOK OUT FOR HIDDEN SOURCES OF MILK:

- Whey
- Casein
- Ingredient that start with "lact" (such as lactose or lactate)
- Chocolate and caramel
- Artificial butter or cheese flavor
- Hydrolysates
- "May contain traces of milk..."

BE MINDFUL OF CROSS-CONTAMINATION

- Always wash your hands and clean work surfaces as well as utensils BEFORE and AFTER handling foods for a child with a milk allergy.
- Additional warnings like "may contain" and/or "manufactured on equipment with..." can be a warning sign of cross-contamination and should be avoided with a child that has a milk allergy.

FLUID MILK SUBSTITUTIONS THAT MEET USDA CACFP REQUIREMENTS:

8th Continent
Original Soymilk
Unflavored



Kikkoman Pearl
Organic Soymilk
Smart Original
Unflavored



Pacific
All Natural Ultra Soy
Original
Unflavored



Silk
Original Soymilk
Unflavored



Sunrich Naturals
Original Soymilk
Unflavored



Sunrich Naturals
All Natural
Original Soymilk
Unflavored



Walmart Great Value
Original Soymilk
Unflavored



Westsoy
Organic Plus Plain
Unflavored



Milk Substitute Nutrition Standards:

For a non-dairy beverage to be allowable in the CACFP it must meet or exceed these standards in 8 fluid ounces (1 cup):
8 grams of Protein, 276 mg Calcium, 500 IU Vitamin A, 100 IU Vitamin D, 24 mg Magnesium, 222 mg Phosphorus, 349 mg Potassium, .44 mg Riboflavin and 1.1 mcg Vitamin B12.

REQUIRED DOCUMENTATION

Children that require a nutritionally equivalent milk substitute (i.e. soy milk) may keep a note on file with their child care provider that indicates the reason, the request and is signed by the parent or guardian.

Children that require a non-dairy beverage (i.e. almond milk, rice, milk, coconut milk, etc.) that is not nutritionally equivalent to cows milk need a medical statement or a "Special Diet Statement to Request Dietary Accommodations" Form that must include the medical condition, a list of foods/beverages to avoid and a list of foods/ beverages to substitute in place of the avoided foods. The statement or form must be signed by a Medical Doctor (MD), Nurse Practitioner (NP) or Physician Assistant (PA).

The medical statement or "Special Diet Statement to Request Dietary Accommodations" form once completed should be submitted to the Providers Choice office for approval.

FREQUENTLY ASKED QUESTIONS

- CAN I STILL CLAIM A CHILD WITH A MILK ALLERGY ON THE CACFP?**
 Yes, the child can have a milk that is nutritionally equivalent (some soy milks) or non-dairy beverage (almond milk, rice milk, pea protein milks or other nut milks) with a medical statement or Special Diet Statement on file.
- IF A CHILD HAS A MILK ALLERGY SHOULD THEY AVOID ALL DAIRY PRODUCTS?**
 Allergies can be very different for every child, always discuss with the parent or guardian what foods should be avoided. As a best practice, have the parent review your menus to determine what will be safe for their child and to indicate where a substitute will be needed.
- AS A CHILD CARE PROVIDER, AM I REQUIRED TO SUPPLY THE ALTERNATE MILK?**
 If the child has a medical need for a fluid milk substitute then the child care provider is required to supply the substitute.
- CAN A PARENT/GUARDIAN SUPPLY A MILK SUBSTITUTE?**
 Yes, if a parent would like to supply the nutritionally equivalent milk substitute (soy milk) or non-dairy beverage with a medical statement or Special Diet Statement on file they can provide the substitute but they are not required to supply it.
- CAN I SERVE VEGAN OR FAUX CHEESE?**
 Vegan and faux cheeses can be served as an "extra" in the CACFP but are not creditable as a meat/meat alternate.

MILK ALLERGY SAMPLE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Crispy Oats Banana Soy Milk	WW Toast Applesauce Soy Milk	Oatmeal Berries Soy Milk	Scrambled Eggs Oranges Soy Milk	Soy Yogurt Banana Soy Milk
Lunch	Turkey Sandwich Carrots Pears Soy Milk	Beef Spaghetti and Pasta Green Beans Peaches Soy Milk	Turkey Tacos Corn Melon Soy Milk	Chicken Stir Fry Brown Rice Broccoli Pineapple Soy Milk	Bean Chili Crackers Snap Peas Mixed Fruit Soy Milk
Snack	Animal Crackers Soy Milk	Popcorn Mixed Fruit	Soy Yogurt Crackers	Apples Nut/Seed Butter	Cucumbers Soy Milk

PLEASE NOTE:

This handout is for informational purposes only. Always consult your Medical Doctor (MD), Nurse Practitioner (NP) or Physicians Assistant (PA) for any questions or concerns about food allergies or medical conditions.

ADDITIONAL QUESTIONS?

Contact the Providers Choice office at 800-356-5983



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