

# PARENT Request Form for Non-Dairy Milk - (Age 1 Year and Older)

Child Care Facility Instructions: Fill out the top part of the form. Have the parent/guardian fill out the bottom section to request Non-Dairy Milk. **If food substitutions are required, please use a Physician Statement for Meal Accommodations.**

Provider's Name (or Day Care Center/Facility Name): \_\_\_\_\_  
 Day Care Home/Facility Address: \_\_\_\_\_  
 Child's Name: \_\_\_\_\_  
 Child's Date of Birth: \_\_\_\_\_  
 Date: \_\_\_\_\_

*Day Care Resources, Inc.*  
 USDA Child and Adult Care Food Program  
 PO Box 1103  
 Tremont, IL 61568  
 (309)-925-2274  
 info@dcrhome.org

**10/2022**

## Dear Parent or Guardian:

Your day care facility participates in the Child and Adult Care Food Program (CACFP), a nutrition program funded by the U.S. Department of Agriculture (USDA). Facilities have the option to serve a Non-Dairy Milk that has the **same 9 nutrients as dairy milk** (see chart below). To request an allowable/creditable milk substitute, the child's parent/guardian must complete the section below. When a facility chooses to honor parent requests, the facility is responsible for buying and serving the Non-Dairy Milk. Your facility/provider must submit the form to Day Care Resources for approval.

**Note: Lactose free cow's milk (ex. Lactaid®) is allowable and does not require any forms.**

## THE FOLLOWING IS TO BE COMPLETED BY THE PARENT/GUARDIAN.

- Reason for requesting Non-Dairy Milk (required): \_\_\_\_\_  
 (ex. vegan, religious, cultural, or ethical reasons, etc.)
- Indicate the Non-Dairy Milk you wish your child to receive: (**NOTE: Milk must be UNFLAVORED for children ages 1-5.**)

**\*NOTE: Low-nutrient milks can ONLY be served for medical/disability reasons. A Physician Statement is required for milks like almond, oat, bottled (original) Ripple®, coconut, and flax.**

- Silk**  
 Soy Milk:  
 Original Plain

**OR**

- 8th Continent**  
 Soy Milk:  
 Original Plain

**OR**

- Other:** \_\_\_\_\_  
 Name of Non-Dairy Milk

**Nutrition Facts**  
 About 24 servings per container  
**Serving size (1 cup) (240mL)**

**Amount per serving**  
**Calories 110**

**% Daily Value\***

**Total Fat** 4.5g **6%**  
 Saturated Fat 0.5g **3%**  
 Trans Fat 0g  
 Polyunsaturated Fat 2.5g  
 Monounsaturated Fat 1g  
**Cholesterol** 0mg **0%**  
**Sodium** 115mg **5%**  
**Total Carbohydrate** 8g **3%**  
 Dietary Fiber 2g **7%**  
 Total Sugars 5g  
 Includes 4g Added Sugars **8%**  
**Protein** 8g **16%**

✓ Vitamin D 3mcg 15% • Calcium 450mg 30% ✓  
 Iron 1.3mg 6% • Potassium 380mg 8% ✓  
 ✓ Vitamin A 150mcg 15% • Riboflavin 0.44mg 30% ✓  
 ✓ Vitamin B12 3mcg 120% • Phosphorus 228mg 15% ✓  
 ✓ Magnesium 50mg 10% • Zinc 0.8mg 8%



**Nutrition Facts**  
 8 servings per container  
**Serving size (1 cup) (240mL)**

**Amount per serving**  
**Calories 80**

**% Daily Value\***

**Total Fat** 2.5g **3%**  
 Saturated Fat 0g **0%**  
 Trans Fat 0g  
 Polyunsaturated Fat 1.5g  
 Monounsaturated Fat 0.5g  
**Cholesterol** 0mg **0%**  
**Sodium** 95mg **4%**  
**Total Carbohydrate** 7g **3%**  
 Dietary Fiber 0g **0%**  
 Total Sugars 7g  
 Includes 7g Added Sugars **14%**  
**Protein** 8g **16%**

✓ Vitamin D 2.5mcg 15% ✓  
 ✓ Calcium 300mg 25% ✓  
 ✓ Iron 1.0mg 6% ✓  
 ✓ Potassium 360mg 8% ✓  
 ✓ Vitamin A 150mcg 15% ✓  
 ✓ Riboflavin 0.51mg 40% ✓  
 ✓ Vitamin B12 1.2mcg 50% ✓  
 ✓ Phosphorus 250mg 20% ✓  
 ✓ Magnesium 24mg 6% ✓



**Attach nutrition label**  
 to show milk meets requirements\*:

CACFP Milk Requirements	
1 cup milk <b>MUST</b> have at least:	
Nutrient	Amount
Protein	8 g
Vitamin D	2.5 mcg (equal to 100 IU)
Calcium	276 mg
Potassium	349 mg
Vitamin A	150 mcg (equal to 500 IU)
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg
Phosphorus	222 mg
Magnesium	24 mg

Day Care Resources, Inc. does not endorse any product. Brand names are given as examples of product(s) that meet requirements as of 10/2022.

3. Who will be providing the non-dairy milk?  facility/day care provider  parent/guardian  
 Parents are allowed to bring ONE meal component for their child for non-disability reasons.

4. Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Creditable Non-Dairy Milks

An approved **Non-Dairy Milk Request Form** (from parent)

OR **Physician Statement for Meal Accommodations** (from doctor)










**MUST be on file** at the Day Care Resources office to claim non-dairy milks.

Download forms at [www.daycareresources.org](http://www.daycareresources.org) or contact the office!

One cup (8 fluid ounces) of non-dairy milk must have the nutrients listed (to the right) to count as a substitute for milk for the USDA CACFP.

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Unflavored		Flavored	
AGES 6+ ONLY			
	8th Continent Original Plain	Soymilk	
	Silk Original Plain	Soymilk	
	Westsoy Organic <b>PLUS</b> Plain	Soymilk	
	Pacific <b>Ultra Soy</b> Original	Soymilk	
	Kikkoman Pearl <b>Smart</b> Original	Soymilk	
	Ripple <b>On the Go</b> Original	Pea Protein Milk	<b>Boxed ONLY</b> (Bottled Ripple does <b>NOT</b> count)
	8th Continent Vanilla	Soymilk	<b>AGES 6+ ONLY</b>
	Kikkoman Pearl <b>Smart</b> Chocolate OR Vanilla	Soymilk	<b>AGES 6+ ONLY</b>
	Ripple <b>On the Go</b> Chocolate OR Vanilla	Pea Protein Milk	<b>AGES 6+ ONLY</b>

**PLEASE DOUBLE CHECK** the nutrition label **EACH** time you buy to make sure it is creditable on the Food Program.  
Label information may change at any time.

Questions? Contact Day Care Resources at [info@dcrhome.org](mailto:info@dcrhome.org) OR (309) 925-2274. This institution is an equal opportunity provider.