

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

This form is for milk substitutes that **MEET** USDA requirements. If the child needs milk/foods that do **NOT** meet requirements, (like **LOW NUTRIENT MILK SUBSTITUTES**, such as almond, oat, coconut, or bottled Ripple® (original, Kids) milks, juice, or water), the child's medical provider must provide a medical statement documenting a disability/impairment, such as a [Physician Statement for Meal Accommodation](#).

Provider's Name (or Day Care Center/Facility Name): \_\_\_\_\_

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

Day Care Address: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Child's Date of Birth: \_\_\_\_\_

Date: \_\_\_\_\_

## 2/2024

**Send completed form to:**  
[info@dcrhome.org](mailto:info@dcrhome.org)

**Dear Parent or Guardian:**

This 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). Please have the parent/guardian complete the section below to request a creditable milk substitute. When a facility chooses to offer a creditable non-dairy milk, it must be available to all children whose parents request it. These substitutions are at the expense of the facility unless the parent/guardian chooses to bring it. Day care centers must record parent provided milk on a food donation log to count it in their milk audit. Your day care facility must send this form to [info@dcrhome.org](mailto:info@dcrhome.org) 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.**

1. Reason for requesting Non-Dairy Milk (required): \_\_\_\_\_  
 (ex. vegan, religious, cultural, ethical reasons, etc.)
2. Mark the **creditable** Non-Dairy Milk your child will receive: **(NOTE: Milk must be UNFLAVORED for children ages 1-5.)**

**Silk**  
 Soy Milk:  
 Original Plain



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

Amount per serving

**Calories 110**

**Total Fat 4.5g** 6%  
 Saturated Fat 0.5g 3%  
 Trans Fat 0g  
 Polyunsaturated Fat 2.5g  
 Monounsaturated Fat 1g  
**Cholesterol 0mg** 0%  
**Sodium 90mg** 4%  
**Total Carbohydrate 9g** 3%  
 Dietary Fiber 2g 7%  
 Total Sugars 6g  
 Includes 5g Added Sugars 16%  
**Protein 9g** ✓

✓ Vitamin D 3mcg 15% • Calcium 470mg 35%  
 ✓ Iron 1.3mg 6% • Potassium 370mg 8%  
 ✓ Vitamin A 150mcg 15% • Riboflavin 0.44mg 35%  
 ✓ Folate 50mcg DFE 12% • Vitamin B12 2.5mcg 100%  
 ✓ Phosphorus 250mg 30% • Magnesium 40mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Great Value**  
 Soy Milk:  
 Original Plain



**Nutrition Facts**  
 8 servings per container  
 Serving size **1 cup (40mL)**

Amount per serving

**Calories 100**

**Total Fat 4g** 8%  
 Saturated Fat 0.5g 3%  
 Trans Fat 0g  
 Polyunsaturated Fat 2.5g  
 Monounsaturated Fat 1g  
**Cholesterol 0mg** 0%  
**Sodium 30mg** 4%  
**Total Carbohydrate 9g** 3%  
 Dietary Fiber 2g 7%  
 Total Sugars 7g  
 Includes 5g Added Sugars 11%  
**Protein 9g** 18%  
 Vitamin D 6mcg 30%  
 Calcium 300mg 25%  
 Iron 1.2mg 6%  
 Potassium 470mg 10%  
 Vitamin A 150mcg 15%  
 Riboflavin 0.5mg 40%  
 Folate 15mcg DFE 4%  
 Vitamin B12 2mcg 30%  
 Phosphorus 250mg 30%  
 Magnesium 40mg 10%



**Other creditable non-dairy milk:**  
 Name/type: \_\_\_\_\_

If the milk is **NOT** listed on p.2,  
**Attach nutrition label**  
 to show milk meets these requirements:

CACFP Milk Substitutes	
1 cup <b>MUST</b> have at least:	
Nutrient	Amount
Protein	8 g
Vitamin D	2.5 mcg <i>(equal to 100 IU)</i>
Calcium	276 mg
Potassium	349 mg
Vitamin A	150 mcg <i>(equal to 500 IU)</i>
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 2/2024.

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.daycaredresources.org](http://www.daycaredresources.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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1 cup milk <b>MUST</b> have:	
Nutrient	Amount
Protein	8 g
Vitamin D	2.5 mcg <small>(equal to 100 IU)</small>
Calcium	276 mg
Potassium	349 mg
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Vitamin B-12	1.1 mcg
Phosphorus	222 mg
Magnesium	24 mg

Unflavored		Flavored	
AGES 6+ ONLY			
	8th Continent Original Plain  Soy milk		Great Value Original Plain  Soy milk
	Silk Original Plain  Soy milk		West Life Plain "Calcium & Vitamin D"  Soy milk
	Pacific <b>Ultra</b> <b>Soy</b> Original  Soy milk		Kikkoman Pearl <b>SMART</b> Original OR Unsweetened  Soy milk
	Ripple <b>On the Go</b> Original  Pea Protein Milk		Kikkoman Pearl <b>SMART</b> Chocolate OR Vanilla  Soy milk
	<b>Boxed ONLY</b> <small>(Bottled Ripple does NOT count)</small>		<b>AGES 6+ ONLY</b>
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**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.