

# Serving Milk in the CACFP



A Training Presentation for  
Child and Adult Care Food  
Program (CACFP) Operators

# USDA's Team Nutrition



- An initiative of the USDA's Food and Nutrition Service to support the USDA's Child Nutrition Programs.
- Aims to improve children's lifelong eating and physical activity habits.
- Provides nutrition education and training materials to State agencies, sponsoring organizations, and CACFP sites.



[TeamNutrition.usda.gov](https://TeamNutrition.usda.gov)




[@TeamNutrition](https://twitter.com/TeamNutrition)



**Let Us Know  
Who You Are!**  
I work for a...



- Child care center
- Family child care home
- At-risk afterschool care center
- Adult day care center
- Sponsoring organization
- Emergency shelter
- School food authority
- State agency
- USDA Regional Office
- Other

# Serving Milk in the CACFP

 **United States Department of Agriculture**

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Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.



<b>Newborn through 11 months old</b>	<b>12 months through 23 months</b> <i>(1 year through 1 year and 11 months)</i>
<ul style="list-style-type: none"><li>✓ Breastmilk</li><li>✓ Iron-fortified formula</li></ul> <p><i>Breastmilk is allowed at any age in the CACFP.</i></p>	<ul style="list-style-type: none"><li>✓ Unflavored whole milk</li></ul> <p><i>Iron-fortified formula may be served to children between the ages of 12 months to 11 months to help with the transition to whole milk.</i></p>
<b>2 years through 5 years</b> <i>(up to 6th birthday)</i>	<b>6 through 12 years, 13 through 18 years, and adults</b>
<ul style="list-style-type: none"><li>✓ Unflavored fat-free (skim) milk</li><li>✓ Unflavored low-fat (1%) milk</li></ul> <p><i>Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 23 months to help with the transition to fat-free (skim) or low-fat (1%) milk.</i></p>	<ul style="list-style-type: none"><li>✓ Unflavored fat-free (skim) milk</li><li>✓ Flavored fat-free (skim) milk</li><li>✓ Unflavored low-fat (1%) milk</li><li>✓ Flavored low-fat (1%) milk</li></ul>

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*

### For Adult Participants:



Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.


### The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.


Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and to adults must be fat-free (skim) or low-fat (1%).

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# Serving Milk in the CACFP

## Try It Out! Milk Matters!



Use the information on the front of the page to answer the questions below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:  
Type(s) of Milk:

Darrick's Age:  
Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:  
Types of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

**Answer Key:**  
1. **Maya's age:** 1 year. **Type(s) of Milk:** Because Maya is 1 year old, she can only be served unflavored whole milk in the CACFP. If she is younger than 1 year and 1 month (13 months), she can also be served non-certified formula. There is a 4-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.  
**Darrick's age:** 2 years. **Type(s) of Milk:** Because Darrick is 2 years old, he can be served unflavored fat-free (skim) milk or unflavored low-fat (1%) milk. If he is younger than 2 years 1 month (25 months), he can also be served unflavored whole milk and unflavored reduced-fat (2%) milk. There is a 1-month transition period when the child turns 2 to help him or her adjust from whole milk to fat-free (skim) or low-fat (1%) milk.  
2. **Olivia's age:** 5½ years. **Type(s) of milk:** Because Olivia falls into the 2- through 5-year-old age group, she can be served unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.  
3. **No,** you are not allowed to serve yogurt instead of milk at lunch. You are only allowed to serve yogurt instead of milk at one meal per day at adult day care centers. If you are serving yogurt at the mealtime substitute, you may not serve yogurt as the milk substitute at the same meal.

# Serving Milk in the CACFP

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### 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between 12 months to 13 months to help with the transition*

### 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

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Maya's Age:  
Type(s) of Milk:

Darrick's Age:  
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2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:  
Types of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

**Answer Key:**  
1. Maya's age: 1 year. Type(s) of Milk: Because Maya is 1 year old, she can only be served unadorned whole milk in the CACFP. If she is younger than 1 year and 1 month (13 months), she can also be served non-fat/fortified formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.  
Darrick's age: 2 years. Type(s) of Milk: Because Darrick is 2 years old, he can be served unadorned fat-free (skim) milk or unadorned reduced-fat (2%) milk. If he is younger than 2 years 1 month (25 months), he can also be served unadorned whole milk and milk to fat-free (skim) or low-fat (1%) milk.  
2. Olivia's age: 5½ years. Type(s) of milk: Because Olivia is 5½ years old, she can be served unadorned fat-free (skim) milk and unadorned low-fat (1%) milk.  
3. No, you are not allowed to serve yogurt instead of milk in breakfast AFD or lunch. You are only allowed to serve yogurt instead of milk at one meal per day at adult day care centers. If you are serving yogurt as the meal/meal alternative, you may not serve yogurt as the milk substitute at the same meal.

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Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:

Type(s) of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?



## Try It Out!

Maya is one year old. What type(s) of milk can she be served as part of a reimbursable meal or snack?

Flavored Fat-Free (Skim) Milk

Unflavored Whole Milk

Unflavored Low-Fat (1%) Milk

### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in the CACFP.*

### 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

### 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*



## Answer

Maya is one year old. What type(s) of milk can she be served as part of a reimbursable meal or snack?

Flavored Fat-Free (Skim) Milk

Unflavored Whole Milk

Unflavored Low-Fat (1%) Milk

### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in the CACFP.*

### 12 months through 23 months *(1 year through 1 year and 11 months)*

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

### 2 years through 5 years *(up to 6th birthday)*

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*



# Serving Milk in the CACFP

## Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

## 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

## 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

## 6 through 12 years, 13 through 17 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

Non-dairy beverages may be served in place of cow's milk when a participant has a sensitivity to milk. Please contact your Sponsoring Organization or State agency for more information.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age: 1

Darrick's Age:

Type(s) of Milk: unflavored whole milk      Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:

Type(s) of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

# Serving Milk in the CACFP

## Try It Out! Milk Matters!



Use the information on the front of the page to answer the questions below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age: \_\_\_\_\_ Darrick's Age: \_\_\_\_\_  
Type(s) of Milk: \_\_\_\_\_ Type(s) of Milk: \_\_\_\_\_

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age: \_\_\_\_\_  
Types of Milk: \_\_\_\_\_

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

**Answer Key:**  
1. Maya's age: 1 year. Type(s) of Milk: Because Maya is 1 year old, she can only be served unflavored whole milk in the CACFP. If she is younger than 1 year and 1 month (13 months), she can also be served non-fermented formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.  
Darrick's age: 2 years. Type(s) of Milk: Because Darrick is 2 years old, he can be served unflavored fat-free (skim) milk or unflavored reduced-fat (2%) milk. If he is younger than 2 years 1 month (25 months), he can also be served unflavored whole milk and milk to fat-free (skim) or low-fat (1%) milk. There is a 1-month transition period when the child turns 2 to help him or her adjust from whole unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.  
2. Olivia's age: 5½ years. Type(s) of milk: Because Olivia is 5½ years old, she can be served unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.  
3. No, you are not allowed to serve yogurt instead of milk in the CACFP. At an adult day care center, if you are serving yogurt as the meal's main item instead of milk at one meal per day at an adult day care center, if you are serving yogurt as the meal's main item instead of milk at one meal per day at an adult day care center, you may not serve yogurt as the milk substitute at the same meal.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age: **1**

Type(s) of Milk: **unflavored whole milk**

Darrick's Age:

Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:

Type(s) of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?



## Try It Out!

Darrick is 2 years old. What type(s) of milk can he be served as part of a reimbursable meal?

Choose all that apply:

- Unflavored Fat-Free (Skim) Milk
- Unflavored Whole Milk
- Unflavored Low-Fat (1%) Milk

### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in the CACFP.*

### 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

### 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*



## Answer

Darrick is 2 years old. What type(s) of milk can he be served as part of a reimbursable meal?

Choose all that apply:

- Unflavored Fat-Free (Skim) Milk**
- Unflavored Whole Milk**
- Unflavored Low-Fat (1%) Milk**

### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in the CACFP.*

### 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

### 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*

# Serving Milk in the CACFP

## Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

## 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

## 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

Non-dairy beverages may be served in place of cow's milk when a participant has a sensitivity. Please contact your Sponsoring Organization or State agency for more information.

## 6 through 12 years, 13 through 17 years, and 18 years and older

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:

Darrick's Age: 1

Type(s) of Milk:

Type(s) of Milk: unflavored skim (fat-free) milk; unflavored low-fat (1%) milk.

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:

Type(s) of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?



## Try It Out!

Maya turned 1 year old 2 days ago. Can you serve iron-fortified formula as part of a reimbursable meal?

Yes

No

### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in the CACFP.*

### 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

### 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*



## Answer

Maya turned 1 year old 2 days ago. Can you serve iron-fortified formula as part of a reimbursable meal?

Yes

No

### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in the CACFP.*

### 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

### 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*

# Serving Milk in the CACFP



United States Department of Agriculture



## Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.



### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in the CACFP.*

### 12 months through 23 months *(1 year through 1 year and 11 months)*

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

### 2 years through 5 years *(up to 6th birthday)*

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 23 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*

### For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

### The Facts on Flavored Milk:

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straws, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old and older and to adults must be fat-free (skim) or low-fat (1%).

## 12 months through 23 months *(1 year through 1 year and 11 months)*

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.





# Serving Milk in the CACFP

## Try It Out! Milk Matters!



Use the information on the front of the page to answer the questions below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:  
Type(s) of Milk:

Darrick's Age:  
Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:  
Types of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

**Answer Key:**  
1. Maya's age: 1 year. Type(s) of Milk: Because Maya is 1 year old, she can only be served unadorned whole milk in the CACFP. If she is younger than 1 year and 1 month (13 months), she can also be served non-fat/fortified formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.  
Darrick's age: 2 years. Type(s) of Milk: Because Darrick is 2 years old, he can be served unadorned fat-free (skim) milk or unadorned low-fat (1%) milk. If he is younger than 2 years 1 month (25 months), he can also be served unadorned whole milk, and unadorned reduced-fat (2%) milk. There is a 1-month transition period when the child turns 2 to help him or her adjust from whole milk to fat-free (skim) or low-fat (1%) milk.  
2. Olivia's age: 5½ years. Type(s) of milk: Because Olivia is 5½ years old, she can be served unadorned fat-free (skim) milk and unadorned low-fat (1%) milk.  
3. No, you are not allowed to serve yogurt instead of milk in breakfast AFD or lunch. You are only allowed to serve yogurt instead of milk at one meal per day at adult day care centers. If you are serving yogurt as the meal meal alternate, you may not serve yogurt as the milk substitute at the same meal.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:

Darrick's Age:

Type(s) of Milk:

Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:

Type(s) of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?



## Try It Out!

What kind(s) of milk may you serve to Olivia?

Choose all that apply:

- Unflavored Whole Milk
- Unflavored Fat-Free (Skim) Milk
- Flavored Fat-Free (Skim) Milk
- Unflavored Low-Fat (1%) Milk

### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in the CACFP.*

### 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

### 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*



## Answer

What kind(s) of milk may you serve to Olivia?

Choose all that apply:

- Unflavored Whole Milk
- Unflavored Fat-Free (Skim) Milk**
- Flavored Fat-Free (Skim) Milk
- Unflavored Low-Fat (1%) Milk**

### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in the CACFP.*

### 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

### 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*

# Serving Milk in the CACFP

## Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

## 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

## 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

## 6 through 12 years, 18 years, and

- ✓ Unflavored fat-free
- ✓ Flavored fat-free
- ✓ Unflavored low-fat
- ✓ Flavored low-fat

Non-dairy beverages may be served in place of cow's milk when a participant has a lactose intolerance. Please contact your Sponsoring Organization or State agency for more information.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:

Darrick's Age:

Type(s) of Milk:

Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age: 5 1/2

Type(s) of Milk: unflavored skim (fat-free) milk; unflavored low-fat (1%) milk.

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?



## Try It Out!

Olivia is 5½ years old. Can you serve lactose-free fat-free (skim) or lactose-free low-fat (1%) milk to her as part of a reimbursable meal or snack?

Yes

No

### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in the CACFP.*

### 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

### 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*



## Answer

Olivia is 5½ years old. Can you serve lactose-free fat-free (skim) or lactose-free low-fat (1%) milk to her as part of a reimbursable meal or snack?

Yes

No

### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in the CACFP.*

### 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.*

### 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*

# Serving Milk in the CACFP

## Try It Out! Milk Matters!



Use the information on the front of the page to answer the questions below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:  
Type(s) of Milk:

Darrick's Age:  
Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:  
Types of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:

Darrick's Age:

Type(s) of Milk:

Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:

Type(s) of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

**Answer Key:**  
If the 9 months and 1 year (13 months), she can also be served non-fermented formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.  
**Darrick's age:** 2 years. **Type(s) of Milk:** Because Darrick is 2 years old, he can be served unadorned fat-free (skim) milk or unadorned reduced-fat (2%) milk. There is a 1-month transition period when the child turns 2 to help him or her adjust from whole milk to fat-free (skim) or low-fat (1%) milk.  
**Olivia's age:** 5½ years. **Type(s) of milk:** Because Olivia is into the 2- through 5-year-old age group, she can be served unadorned fat-free (skim) milk and unadorned low-fat (1%) milk.  
No, you are not allowed to serve yogurt instead of milk at the adult day care center. If you are serving yogurt as the meal meat alternative, you may not serve yogurt as the milk substitute at the same meal.



### **Try It Out!**

At your adult day care center, you want to serve yogurt at breakfast and again that day during lunch. Both times, yogurt would be served in place of milk.

Is this allowed?

- Yes
- No





## Answer

At your adult day care center, you want to serve yogurt at breakfast and again that day during lunch. Both times, yogurt would be served in place of milk.

Is this allowed?

Yes

No

# Serving Milk in the CACFP



## For Adult Participants:

Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

is a 1-year-old at your family child care home and eats lunch at the same time  
rick, who is 2 years old. What type(s) of milk may you serve each child?

s Age:

Darrick's Age:

) of Milk:

Type(s) of Milk:

is a 5½-year-old who attends your family child care home.  
kind(s) of milk may you serve her in the CACFP?

's Age:

) of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

*No, you may only serve milk INSTEAD of yogurt once per day, to adult participants only.*

# Serving Milk in the CACFP

## Try It Out! Milk Matters!



Use the information on the front of the page to answer the questions below.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age: \_\_\_\_\_ Darrick's Age: \_\_\_\_\_  
Type(s) of Milk: \_\_\_\_\_ Type(s) of Milk: \_\_\_\_\_

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age: \_\_\_\_\_  
Types of Milk: \_\_\_\_\_

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

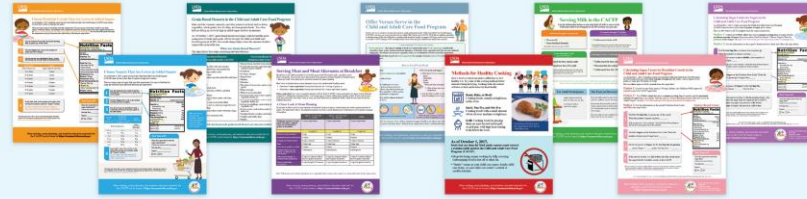
**Answer Key:**  
1. Maya's age: 1 year. Type(s) of Milk: Because Maya is 1 year old, she can only be served unflavored whole milk in the CACFP. If she is younger than 1 year and 1 month (13 months), she can also be served iron-fortified formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.  
Darrick's age: 2 years. Type(s) of Milk: Because Darrick is 2 years old, he can be served unflavored fat-free (skim) milk or unflavored low-fat (1%) milk. If he is younger than 2 years 1 month (25 months), he can also be served non-fat/fortified formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.  
2. Olivia's age: 5½ years. Type(s) of milk: Because Olivia falls into the 2- through 5-year-old age group, she can be served unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.  
3. No, you are not allowed to serve yogurt at lunch. You are only allowed to serve yogurt instead of milk at one meal per day at adult day care centers. If you are serving yogurt at the meal instead, you may not serve yogurt as the milk substitute at the same meal.

## Answer Key:

1. **Maya's age: 1 year. Type(s) of Milk:** Because Maya is 1 year old, she can only be served unflavored whole milk in the CACFP. If she is younger than 1 year and 1 month (13 months), she can also be served iron-fortified formula. There is a 1-month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.

**Darrick's age: 2 years. Type(s) of Milk:** Because Darrick is 2 years old, he can be served unflavored fat-free (skim) milk or unflavored low-fat (1%) milk. If he is younger than 2 years 1 month (25 months), he can also be served unflavored

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# Thank you!



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