## Milk Substitutions & Creditable Milks In the Florida Child Care Food Program

For children ages one and older, CCFP regulations require that each child's breakfast, lunch, and supper must include fluid milk to be eligible for reimbursement. Fluid milk may also be served as one of the two components of a snack.

# Creditable fluid milks include breastmilk, as well as pasteurized fluid types of cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk.

Non-dairy fluid milk substitutions may be served when requested in writing the by child's parent or guardian. The written request must identify the medical or special dietary condition that restricts the diet of the child, such as milk allergy or vegan diet. For the meal to be reimbursable, the non-dairy beverage must be nutritionally equivalent to fluid milk. Child care providers or parents may provide the non-dairy beverage.

#### For Children Ages One through Five The following non-dairy beverages meet required nutritional standards for approved milk substitutions:

8th Continent Soymilk Original	Great Value Original Soymilk	Silk Original Soymilk *	Kikkoman Pearl Organic Soymilk Smart	Sunrich Naturals Original	Ripple Original Dairy Free Milk *
0	,	SOymik	Original *	Soymilk *	
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#### For Children Ages Six and Older The following flavored non-dairy beverages meet required nutritional standards for approved milk substitutions:

Kikkoman	Kikkoman	Ripple	Ripple	Sunrich	Silk	Silk
Pearl	Pearl	Chocolate	Vanilla	Naturals	Very	Chocolate
Organic	•	•	Dairy Free	Vanilla	Vanilla	Soymilk *
Soymilk Smart	Soymilk Smart	Milk *	Milk *	Soymilk *	Soymilk *	5
Vanilla *	Chocolate *	-			Comparison of the second se	CHOCOLATS
PFARL	PFARL				Silk	Silk
CIEGANIC SOYAIIA	ORGANIC SOTMUL THE COMPANY OF THE COMPANY THE COMPANY OF THE COMPANY AND THE COMPANY OF THE COMPANY THE COMPANY OF THE COMPANY OF THE COMPANY THE COMPANY OF THE COMPANY OF THE COMPANY THE COMPANY OF THE COMPANY OF THE COMPANY OF THE COMPANY THE COMPANY OF THE COMPANY OF THE COMPANY OF THE COMPANY THE COMPANY OF THE COMPANY OF TH	89 S PRATE BASE PROTEIN SON CONCELLENT	89 PLANT GAARD PROTEIN 50% MORE CALCUM THAN FLANTED MAR*		SOYMILK	Som
C					130) SOL More Cutor than Daily Value BFL OZ (226 mL)	Sou More Calebra Ithan Dairy Mar 8 FL 02 (236 mL)
	Pearl Organic Soymilk Smart Vanilla *	Pearl Pearl Organic Soymilk Soymilk Smart Smart Vanilla * Chocolate *	Pearl Organic Soymilk SmartPearl Organic Soymilk SmartChocolate Dairy Free Milk *Vanilla *Chocolate *Image: Chocolate *Image:	Pearl Organic Soymilk SmartPearl Organic Soymilk SmartChocolate Dairy Free Milk *Vanilla Dairy Free Milk *Vanilla *Chocolate *Image: Chocolate *Image: Chocolate *Image: Vanilla *Image: Chocolate *Image: Cho	Pearl Organic Soymilk SmartPearl Organic Soymilk SmartChocolate Dairy Free Milk *Vanilla Dairy Free Milk *Naturals Vanilla Soymilk Soymilk *Vanilla * Vanilla *Chocolate * Chocolate *Vanilla Dairy Free Milk *Naturals Vanilla Soymilk *Vanilla * Chocolate * Chocolate *Chocolate * Chocolate *Vanilla Dairy Free Milk *Naturals Vanilla Soymilk *	Pearl Organic Soymilk SmartPearl Organic Soymilk SmartChocolate Dairy Free Milk *Vanilla Dairy Free Milk *Naturals Vanilla Soymilk Soymilk *Very Vanilla Soymilk *Vanilla * Vanilla *Chocolate * Chocolate *Milk *Milk *Naturals Dairy Free Milk *Very Vanilla Soymilk *Very Vanilla Soymilk *Vanilla * Chocolate * Image: Chocolate *Chocolate * Image: Chocolate *Image: Chocolate

### \*SHELF-STABLE VERSION ONLY

Non-dairy beverages must meet the following specific nutritional standards to be considered nutritionally equivalent to milk:

Nutrient	Requirement Per Cup	% of Reference Daily Intakes
Protein	8 grams	
Calcium	276 mg	About 28%
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	6%
Phosphorus	222 mg	About 22%
Potassium	349 mg	10%
Riboflavin	.44 mg	About 26%
Vitamin B <sub>12</sub>	1.1mcg	About 18%