

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, milks that do **NOT** meet the below requirements, juice, or water), the child's medical provider must provide a medical statement documenting a **disability/impairment**, such as a [Medical Statement for Meal Pattern Accommodations](#).

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: _____

Send completed form to:
 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 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
% 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 90mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 8g	16%
✓ Vitamin D 3mcg 15%	• Calcium 470mg 35%
✓ Iron 1.1mg 6%	• Potassium 370mg 8%
✓ Vitamin A 150mcg 15%	• Riboflavin 0.44mg 35%
✓ Folate 50 mcg DFE 10%	• Vitamin B12 2.5mcg 100%
✓ Phosphorus 230mg 20%	• Magnesium 40mg 10%

Bettergoods
 Soy Milk:
 Original Plain



Nutrition Facts	
8 servings per container	
Serving size (1 cup)(240mL)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 5g Added Sugars	10%
Protein 8g	14%
✓ Vit. D 6mcg 30%	• Calcium 300mg 25%
✓ Iron 1.3mg 8%	• Potas. 460mg 10%
✓ Vit. A 150mcg 15%	• Riboflavin 0.5mg 40%
✓ Folate 15mcg DFE 4%	• Vit. B12 1.2mcg 50%
✓ Phosphorus 250mg 20%	• Magnesium 45mg 10%

Other creditable non-dairy milk:
 Name/type: _____

Attach nutrition label
 to show milk meets these requirements:

CACFP Milk Substitutes	
1 cup MUST 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 2/2025.

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: _____

