

# OSSE Nutrition Standards for CACFP

## D.C. CACFP MILK STANDARD

Infants under 1 year old  
Serve *only* breast milk or iron-fortified infant formula.

Children 1 to 2 years old  
Serve *only* whole milk.

Children 2 years and older  
Serve 2%, 1% or skim milk. 1% and skim milk are preferred.

# Milk



### Why is this standard important?

Milk provides calcium, vitamin D, protein and other nutrients. Choosing the best type of milk for the children's age will give them the mix of nutrients needed to grow up fit and healthy.

#### Infants under 1 year old

**Breast milk** (the best option) and **iron-fortified formula** give infants the special blend of nutrients that they need.

#### Children 1 to 2 years (12 through 23 months) old

Young children need the fat in **whole milk** while their brains and bodies are developing quickly.

#### Children 2 years and older

Older children don't need as much fat.

Children (and adults, too!) should have the heart-healthy fats in fish, nuts and oils — not the saturated fat in whole milk.

**Low fat (1%) and fat-free (skim) milk** have the nutrients children need without the extra saturated fat and calories.



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I Am Healthy, I Am Happy

# Serve Milk the CACFP Way

## Switch to fat-free milk...gradually.

- Give the children (and yourself!) time to adjust to low-fat milk before trying fat-free.
- If you pour individual servings from a large carton, mix higher-fat milk with lower-fat milk for an even less noticeable change.



## Avoid spills! Use a bigger cup.

- Children are still developing fine motor skills, so spills happen.
- Use 8 fluid ounce cups to serve 3/4 cup (6 fluid ounces) of milk to 3-5 year olds.
  - This lets you to pour the full serving of milk without it sloshing out.
- Don't use a cup that's so big the child has trouble holding it.

## Limit flavored milk.

- Ounce for ounce, flavored milk (like chocolate or strawberry) can have as much sugar as soda.
- Serve flavored milk occasionally, if at all.
- Mix flavored milk with plain milk to cut the sugar and calories.



## Cut waste creatively.

Think children won't drink unflavored milk? Don't assume it will all end up going down the drain. Find ways to make it fun.

- Ask the children to list fun activities they can do with the strong bones they'll build by drinking milk.
- Start a competition between classes to see which room throws out the least milk. Measure the milk left after each meal.

## Serve lactose-free or lactose-reduced milk to lactose-intolerant children.

- Unless you have a Medical Substitution Form on file, you are still required to serve fluid milk to children who are lactose intolerant.
- Lactose-free and lactose-reduced milk (like Lactaid® milk) are reimbursable and do not require a Medical Substitution Form.



## Get a Medical Substitution Form for children allergic to milk.

- The form must be completed by a medical professional.
- The form should list a specific milk substitute (like soy milk) that has been identified by the medical professional.