

# Food Substitution Chart

(ONLY for children 1 year of age and older; it does not apply to infants.)

Illinois State Board of Education, Nutrition Programs  
100 North First Street, Springfield, Illinois 62777-0001

## When are food substitutions reimbursable?

The Child and Adult Care Food Program (CACFP) regulations allow food substitutions for children under certain circumstances. Refer to the chart below to determine requirements for food substitutions and when the meal is reimbursable. Also, refer to the separate document, *Milk and Non-Dairy Milk Substitution Chart*.

Reason for Request	<b>Child Not Disabled Special Dietary Need for Personal Reason (Example: Vegetarian, Religious, or Cultural Preferences)</b>  <i>The center/home <u>may provide</u> these substitutions; however, is not required.</i>	<b>Child Not Disabled Medical Condition (Example: Allergy)</b>  <i>The center/home <u>may provide</u> these substitutions; however, is not required.</i>		<b>Child with Disability or Life Threatening Allergy</b>  <i>The center/home <u>must provide</u> substitution when prescribed by physician.</i>
Type of Request	<b>Parent Request<sup>1</sup></b>	<b>Parent Request<sup>1</sup></b>	<b>Physician Statement for Food Substitution Signed by Licensed Physician<sup>2</sup> (Must list both food to avoid and food to substitute)</b>	<b>Physician Statement for Food Substitution Signed by Licensed Physician<sup>2</sup> (Must list both food to avoid and food to substitute)</b>
<b>Vegetarian diet (will eat eggs, cheese and milk)</b>	Reimbursable when a meat alternate is substituted for meat	N/A	N/A	N/A
<b>Strict vegan diet (will not eat any animal products including eggs, cheese, and milk)</b>	Reimbursable when a meat alternate is substituted for meat; and milk is replaced with non-dairy milk substitute that meets USDA Nutrient Standards <sup>3</sup>	N/A	N/A	N/A
<b>Will not eat pork for religious reasons</b>	Reimbursable when a different meat/meat alternate is offered	N/A	N/A	N/A
<b>Allergic to fruit, vegetable, or meat/meat alternate (Example: Allergic to strawberries, eggs or nuts)</b>	N/A	Need <i>Physician Statement for Food Substitution</i> from Licensed Physician when Allergy Severe or Life Threatening	Reimbursable when center/home (or parent) provides substitution according to Physician's Statement <sup>4</sup>	Reimbursable Center/Home MUST provide according to Physician's Statement (or parent may provide, but is not required) <sup>4</sup>

<b>Allergic to ingredient in bread and crackers (Example: Allergic to wheat/gluten)</b>	N/A	Need <i>Physician Statement for Food Substitution</i> from Licensed Physician when Allergy Severe or Life Threatening	Reimbursable when center/home (or parent) provides substitution according to Physician's Statement <sup>4</sup>	Reimbursable Center/Home MUST provide according to Physician's Statement (or parent may provide, but is not required) <sup>4</sup>
<b>Requires ground or pureed food</b>	N/A	Reimbursable when center/home (or parent) provides <sup>4</sup> . Does not change meal pattern, just consistency	Reimbursable when center/home (or parent) provides substitution according to Physician's Statement <sup>4</sup>	Reimbursable Center/Home MUST provide according to Physician's Statement (or parent may provide, but is not required) <sup>4</sup>
<b>Requires tube feeding</b>	N/A	N/A	N/A	Reimbursable Center/Home MUST provide according to Physician Statement (or parent may provide, but is not required) <sup>4,5</sup>
<b>Severely allergic to peanuts/peanut butter</b>	N/A	N/A	N/A	Reimbursable Center/Home MUST provide according to Physician Statement (or parent may provide, but is not required) <sup>4</sup>

1. Request must identify child's special dietary needs or medical problem.
2. Use *Physician Statement for Food Substitution* form.
3. Nutrient Standards required for non-dairy milk substitute – *Calcium (276 mg), Protein (8 g), Vitamin A (500 IU), Vitamin D (100 IU), Magnesium (24 mg), Phosphorus (222 mg), Potassium (349 mg), Riboflavin 0(.44 mg), and Vitamin B-12 (1.1 mcg).*
4. The center/home must provide one component for meal/snack to be reimbursable.
5. If, according to the physician's statement, the special formula provided by the parents is the only component the child is allowed to consume, the meals may be claimed for reimbursement when the special formula is prepared and fed by center staff or home provider. If the parent performs this task at the center/home, the meal would *not* be reimbursable.