

Summary Charts of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program

The charts in this document summarize the meal modification requirements for adult day centers that participate in the U.S. Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP). For detailed guidance, refer to the Connecticut State Department of Education's (CSDE) [Guide to Meal Modifications for CACFP Adult Day Care Centers](#) and visit the CSDE's [Special Diets in CACFP Adult Day Care Centers](#) webpage.

Overview of Requirements for Meal Modifications

The requirements for meal modifications for participants in the CACFP are defined by the USDA's nondiscrimination regulations ([7 CFR 15b](#)) and CACFP regulations ([7 CFR 226.20\(g\)](#)). These regulations outline the required modifications for participants whose disability restricts their diet (disability reasons) and the optional modifications for participants who do not have a disability but have other special dietary needs (non-disability reasons).

The USDA requires reasonable meal modifications on a case-by-case basis for participants whose disability restricts their diet, based on written documentation from a state licensed healthcare professional or registered dietitian. Meal modifications must be related to the disability or limitations caused by the disability.

The requirements for optional meal modifications for non-disability reasons depend on whether they are within or outside the CACFP meal patterns.

- **Modifications within the CACFP meal patterns:** Meal modifications are within the meal patterns if they are only modified for texture (such as chopped, ground, or pureed foods)

or they include substitutions within the same meal component, such as a banana for strawberries (fruits component), lactose-free milk for regular milk (milk component), and chicken for pork (meats/meat alternates component). These modifications do not require a medical statement. However, the CSDE recommends obtaining a medical statement to ensure clear communication between participants and the adult day care center regarding the appropriate meal modifications for the participant.

- **Modifications outside the CACFP meal patterns:** Meal modifications are outside the meal patterns if they include noncreditable foods. Noncreditable foods are foods and beverages that do not meet the CACFP meal pattern requirements for reimbursable meals and snacks. Examples include entrees that do not meet the meats/meat alternates component and substituting rice milk for cow's milk. Meal modifications for non-disability reasons that are outside the meal patterns require a medical statement signed by a state licensed healthcare professional or registered dietitian.

For detailed guidance, refer to the CSDE's [Overview of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program](#) and [Guide to Meal Modifications for CACFP Adult Day Care Centers](#) and visit the CSDE's [Special Diets in CACFP Adult Day Care Centers](#) webpage.

[Chart 1](#) summarizes the requirements for meal modification requests for disability reasons. [Chart 2](#) summarizes the requirements for meal modification requests for non-disability reasons.

Summary Charts of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program

Chart 1: Meal Modification Requests for Disability Reasons

The examples of medical conditions below are not all-inclusive and might not require meal modifications for all participants. The determination of whether a participant has a physical or mental impairment that restricts their diet must be made on a case-by-case basis based on a medical statement signed by a state licensed healthcare professional or registered dietitian.

- “Case-by-case basis” means specific to the individual medical condition and dietary needs of each participant, based on the specific information provided by the state licensed healthcare professional or registered dietitian in the participant’s medical statement or, if applicable, the participant’s Section 504 plan.
- A state licensed healthcare professional is an individual who is authorized to write medical prescriptions under state law. The Connecticut State Department of Public Health (DPH) defines these individuals as physicians (MD), physician assistants (PA) and certified physician assistants (PAC), doctors of osteopathy (DO), and advanced practice registered nurses (APRN).

Type of request	Determination of disability	Plan on file	Examples of medical conditions	Modification required?	Required documentation	Medical statement must include
The participant is determined to have a disability (physical or mental impairment) under Section 504; the disability restricts the participant’s diet; and the required meal modification is outside the CACFP meal patterns	State licensed healthcare professional or registered dietitian	<ul style="list-style-type: none"> • Individualized Health Care Plan (IHCP) and/or 504 plan • May also have an Emergency Care Plan (ECP) depending on participant’s medical condition 	Medical conditions that substantially limit a major life activity and affect the participant’s diet, for example: <ul style="list-style-type: none"> • metabolic diseases, such as diabetes or phenylketonuria (PKU) • food anaphylaxis (life-threatening food allergy) 	Yes	Medical statement signed by a state licensed healthcare professional or registered dietitian (or 504 plan, if applicable)	<ul style="list-style-type: none"> • Information about how the participant’s physical or mental impairment restricts the participant’s diet • An explanation of what must be done to accommodate the participant • The food or foods to be omitted and recommended alternatives, if appropriate

Summary Charts of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program

Type of request	Determination of disability	Plan on file	Examples of medical conditions	Modification required?	Required documentation	Medical statement must include
<p>The participant is not determined to have a disability (physical or mental impairment) under Section 504, but the participant's medical condition meets the definition of a disability under the ADA Amendments Act; the disability restricts the participant's diet; and the required meal modification is outside the CACFP meal patterns</p>	<p>State licensed healthcare professional or registered dietitian</p>	<ul style="list-style-type: none"> • IHCP • May also have an ECP depending on participant's medical condition 	<p>Medical conditions that do not qualify for a disability under Section 504 or IDEA, but may meet the definition of disability under the ADA Amendments Act (i.e., any condition that substantially limits a participant's major life activity), for example:</p> <ul style="list-style-type: none"> • celiac disease • gluten intolerance • lactose intolerance • non-life-threatening food allergies • obesity • certain temporary disabilities 	<p>Yes</p>	<p>Medical statement signed by a state licensed healthcare professional or registered dietitian</p>	<ul style="list-style-type: none"> • Information about how the participant's physical or mental impairment restricts the participant's diet • An explanation of what must be done to accommodate the participant • The food or foods to be omitted and recommended alternatives, if appropriate

Summary Charts of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program

Chart 2: Meal Modification Requests for Non-disability Reasons

Type of request	Modification required?	Required documentation for meals outside the CACFP meal patterns	Required documentation for meals within the CACFP meal patterns
Personal food preferences, e.g., gluten-free foods, organic foods, or nondairy milk substitutes like almond milk or oat milk	No	<p>Medical statement signed by a state licensed healthcare professional or registered dietitian that indicates:</p> <ul style="list-style-type: none"> • Information about how the participant’s personal food preferences restrict the participant’s diet • An explanation of what must be done to accommodate the participant • The food or foods to be omitted and recommended alternatives, if appropriate 	<ul style="list-style-type: none"> • None, but medical statement is recommended
Vegetarian diets, e.g., flexitarian, pescatarian, lacto-ovo-vegetarian, and vegan	No	<p>Medical statement signed by a state licensed healthcare professional or registered dietitian that indicates:</p> <ul style="list-style-type: none"> • Information about how the participant’s vegetarianism restricts the participant’s diet • An explanation of what must be done to accommodate the participant • The food or foods to be omitted and recommended alternatives, if appropriate 	<ul style="list-style-type: none"> • None, but medical statement is recommended
Religious or moral convictions	No	<p>Medical statement signed by a state licensed healthcare professional or registered dietitian that indicates:</p> <ul style="list-style-type: none"> • Information about how the participant’s religious or moral convictions restrict the participant’s diet • An explanation of what must be done to accommodate the participant • The food or foods to be omitted and recommended alternatives, if appropriate 	<ul style="list-style-type: none"> • None, but medical statement is recommended

Summary Charts of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program

Resources

Allowable Fluid Milk Substitutes for Non-disability Reasons for Adult Participants in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/milk_substitutes_cacfp_adults.pdf

CACFP regulations 7 CFR 226.20(g)(1): Modifications for disability reasons (USDA):
[https://www.ecfr.gov/current/title-7/part-226#p-226.20\(g\)\(1\)](https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(1))

CACFP regulations 7 CFR 226.20(g)(3): Fluid milk substitutes for non-disability reasons (USDA):
[https://www.ecfr.gov/current/title-7/part-226#p-226.20\(g\)\(3\)](https://www.ecfr.gov/current/title-7/part-226#p-226.20(g)(3))

Guide to Meal Modifications for CACFP Adult Day Care Centers (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/guide_meal_modifications_cacfp_adults.pdf

Identifying Products that Meet the USDA's Nutrition Standards for Fluid Milk Substitutes in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/identify_allowable_nondairy_milk_substitutes_cacfp.pdf

Medical Statements ("Documents/Forms" section of CSDE's Special Diets in CACFP Adult Day Care Centers webpage)
<https://portal.ct.gov/sde/nutrition/special-diets-in-cacfp-adult-day-care-centers/documents#MedicalStatements>

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):
<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-adult-centers>

Medical Statements ("Documents/Forms" section of CSDE's Special Diets in CACFP Child Care Programs webpage):
<https://portal.ct.gov/sde/nutrition/special-diets-in-cacfp-child-care-programs/documents#MedicalStatements>

Overview of the Requirements for Adult Participants in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/overview_meal_modifications_cacfp_adults.pdf

Self-assessment of Adult Day Care Center Practices for Meal Modifications in the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/assessment_meal_modifications_cacfp_adults.pdf

Special Diets in CACFP Adult Day Care Centers (CSDE):
<https://portal.ct.gov/sde/nutrition/special-diets-in-cacfp-adult-day-care-centers>

USDA Memo CACFP 14-2017 and SFSP 10-2017: Policy Memorandum on Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program:
<https://www.fns.usda.gov/modifications-accommodate-disabilities-cacfp-and-sfsp>

USDA Nondiscrimination Regulations (7 CFR B):
<https://www.ecfr.gov/current/title-7/subtitle-A/part-15b>

Summary Charts of the Requirements for Meal Modifications for Adult Participants in the Child and Adult Care Food Program

For more information, visit the CSDE's [Special Diets in CACFP Adult Day Care Centers](#) webpage or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/cacfp/specdiet/summary_chart_meal_modifications_cacfp.pdf.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: program.intake@usda.gov

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.

