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Fluid Milk Requirements for Children by Age

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The licensed family child care provider is to ensure that children are served fluid milk unless the parent provides written instructions by a licensed physician, physician's assistant (PA), advanced practice registered nurse (APRN) or certified nurse practitioner (CNP). Below is a list of age-appropriate fluid milk selections that meet the ODJFS requirement for family child care homes.

Age	Fluid Milk Requirement
Infants up to twelve months of age	FormulaBreast milk
Infants and toddlers twelve months of age up to twenty-four months of age	 Unflavored whole homogenized vitamin D fortified cow's milk Breast milk at parent's request, without written instructions from a licensed physician, PA, APRN, or CNP Non-cow milk substitutions that are nutritionally equivalent to milk, with written parental consent
Toddlers and children twenty-four months of age and older	 Unflavored one per cent milk that is vitamin A and D fortified Unflavored fat free or skim milk that is vitamin A and D fortified Non-cow milk substitutions that are nutritionally equivalent to milk, with written parental consent

Note: The licensed family child care provider is not to use reconstituted dry powdered milk as a beverage unless the parent provides written instructions by a licensed physician, PA, APRN, or CNP.