

Determining if Meal Modifications Are Required



A participant requests a meal modification that is different from what is on the menu (e.g. eliminate or substitute a food or beverage item)



This includes participants who may have a disability but have not yet provided a medical statement. If you do not know, work with the family to determine if the participant has a disability that restricts the diet.



Did the participant's family provide a medical statement signed by a state licensed healthcare professional authorized to write medical prescriptions (Physician, Physician Assistant,

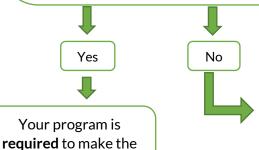
Nurse Practitioner (APNP)) that indicates:

- 1. Description of impairment (reason for request)
- 2. How to accommodate the impairment (e.g. food(s) to be avoided and recommended substitution(s))



Your program is not required to make meal modification(s)

- Optional meal accommodations for participants without disabilities must comply with the CACFP meal pattern requirements
- Families can provide one creditable component of a meal/snack
- Optional modifications must be supported with a statement completed and signed by the family or a medical professional. The statement must identify the non-disability special dietary need, foods not to be served, and allowable substitutions.



meal modification

Your program is **required** to make meal modification(s) and must work with the **participant's** family to obtain a complete medical statement



When the medical statement for a disability is missing information:

- Do not deny/delay a requested meal modification because the medical statement does not provide sufficient information
- If the medical statement is unclear or lacks sufficient detail, you must obtain appropriate clarification so the participant receives safe meals
- Work with the participant's family to obtain an amended medical statement
- While obtaining additional information, you should follow the portion of the medical statement that is clear to the greatest extent possible