

Special Dietary Needs

USDA Child Nutrition Programs support access to healthy meals to all children including children with special dietary needs.

Children with a Disability:

- ✓ Sponsors are **required** to provide reasonable accommodations for children who are considered to have a disability
 - Disability is defined by
 - Section 504 of Rehabilitation Act
 - American Disabilities Act
 - Individuals with Disabilities Education Act

- ✓ The request for substitution must include:
 - The child's disability
 - An explanation of why the disability restricts the child's diet
 - The major life activity affected by the disability
 - Food(s) to be omitted from the child's diet
 - Food(s) to be substituted
 - Recommendations for alternate foods
 - Be signed by a **State recognized medical authority***

- ✓ Use the Dietary Prescription Form applicable for your program
 - [School Meal Programs](#)
 - [Child and Adult Care Food Program](#)
 - [Summer Food Programs](#)

Children without a Disability

- ✓ Sponsors **may** make substitutions for children who do not have a disability, but have a special medical or dietary need

- ✓ Substitutions must be made on a case by case basis

- ✓ The request for substitution must include:
 - Identifies the medical or other special dietary condition which restrict the child's diet
 - Food(s) to be omitted from the child's diet
 - Food(s) to be substituted
 - Be signed by a **State recognized medical authority***

- ✓ Use the Form applicable for your program
 - [School Meal Programs](#)
 - [Child and Adult Care Food Program](#)
 - [Summer Food Programs](#)

OSPI Child Nutrition Programs Reference Sheet

***State recognized medical authority:** State licensed health care professionals authorized to write medical prescriptions under State law

- Authorized in Washington State (as of September 2015)
 - Medical Doctor (MD)
 - Doctor of Osteopathy (DO)
 - Physician's Assistant (PA) with prescriptive authority
 - Naturopathic Physician
 - Advanced Registered Nurse Practitioner (ARNP)

Reference:

- ✓ [CFR 210.10](#)
- ✓ [CFR 225.16](#)
- ✓ [CFR 220.23](#)
- ✓ [SP 32-2015, SFSP 15-2015, CACFP 13-2015](#)
- ✓ [RCW 18](#)
- ✓ [DOH Prescriptive Authority](#)

Resources:

- ✓ Accommodating Special Dietary Needs Flow Chart and Forms

Acronym Reference

-CFR	Code of Federal Regulations
-CNS	Child Nutrition Services
-LEA	Local Education Agency
-OSPI	Office of Superintendent of Public Instruction
-USDA	United States Department of Agriculture