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
  o Disability is defined by
    ▪ Section 504 of Rehabilitation Act
    ▪ American Disabilities Act
    ▪ Individuals with Disabilities Education Act

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

✓ Use the Dietary Prescription Form applicable for your program
  o School Meal Programs
  o Child and Adult Care Food Program
  o 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:
  o Identifies the medical or other special dietary condition which restrict the child’s diet
  o Food(s) to be omitted from the child’s diet
  o Food(s) to be substituted
  o Be signed by a State recognized medical authority*

✓ Use the Form applicable for your program
  o School Meal Programs
  o Child and Adult Care Food Program
  o Summer Food Programs
**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
- RCW 18
- DOH Prescriptive Authority

Resources:
- Accommodating Special Dietary Needs Flow Chart and Forms

### Acronym Reference
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<tr>
<th>Acronym</th>
<th>Description</th>
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<tbody>
<tr>
<td>-CFR</td>
<td>Code of Federal Regulations</td>
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<tr>
<td>-CNS</td>
<td>Child Nutrition Services</td>
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<td>-LEA</td>
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<td>-OSPI</td>
<td>Office of Superintendent of Public Instruction</td>
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<tr>
<td>-USDA</td>
<td>United States Department of Agriculture</td>
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