

FOOD SERVICE

POLICY: The child care center will provide meal service at breakfast, lunch and morning and afternoon snack.

PURPOSE: To assure the children get proper nutrition while in our care.

PROCEDURE:

1. The Director/designee will assure that the center provides nutritious meals as outlined in the child care center licensing regulations and as reasonably requested by the parents/legal guardians.
2. Menus will be developed or approved by the Director/designee.
3. The Director/designee will assure that the children have breakfast, lunch, and 2 snacks daily, each having a variety of foods chosen from at least two major food groups.
4. The Director/designee will have knowledge of the children with allergies and will assure the supply of appropriate food substitutes for those children.
5. There will be an up-to-date list of children with food allergies and appropriate allergy care plans and emergency medications on-site as needed.
 - a. The allergy list shall be posted in the kitchen and the classroom.
 - b. The allergy list shall have a cover sheet or be posted in a location that protects the private health information from visitors but is readily available for staff.
5. Milk shall be pasteurized whole milk for children ages 1-2 years old.
6. Milk shall be pasteurized 1% milk for children over 2 years old.
7. Children from ages 1-5 years should not consume more than 600 ml (20 oz) of milk per 24 hours because the risk of iron deficiency increases when children of that age drink more than 24 oz of milk per day.
8. Children with milk sensitivity or allergy will be served a substitute as prescribed by the health care provider.
9. The classrooms will maintain staff, equipment, and supplies sufficient to receive and serve the food or prepare food in the case of an emergency.

10. All dishes and eating utensils will be washed and sanitized in hot water, and diluted bleach solution or SaniDate sanitizer, or washed in a dishwasher (water temperature of at least 165° F).
11. Baby bottles and all perishable foods will be refrigerated at 40° F continuously unless being served. See H-29 and H-30 on food safety in the event of a power outage.
12. Chemicals and cleaning solutions will be stored in a designated, locked cupboard away from all food sources.
13. The food preparation area will not be used for playing, napping, or diapering children. Foot traffic will not be allowed to pass through the food preparation area.
14. Infants will have an individual infant feeding plan and will be introduced to new foods in a timely manner and with the approval of the parent/legal guardian.
15. Formulas and cereals used will be iron-fortified.
16. Children under 1 year of age shall never be given:
 - a. Honey
 - b. Juice
 - c. Liquid Cow's Milk. However, processed milk products such as cheese and yogurt are okay to give to infants over 6 months old.
17. Children under 5 years old will not be fed nuts, raw vegetables, seeds, raisins, grapes, popcorn or hard candies. Hot dogs must be cut lengthwise, not cut in circles and not served whole. See sections L-2 and L-3.
18. Children shall be held when fed a bottle. At no time will a child have a propped bottle, walk with a bottle, nor be put to bed with a bottle.
19. Cultural, religious, and parent's/legal guardian's personal preference to avoid certain foods or follow certain food practices should be honored. The director and parents/guardians will make a plan together to accommodate feeding related requests. Allergies versus preferences should be clearly differentiated.
20. Child care centers are highly encouraged to participate in the Healthy Apple Program to assess and improve their center's nutrition practices. For more information on Healthy Apple, contact CCHP or visit <https://www.childrenscouncil.org/for-child-care-programs/health-nutrition/healthy-apple-program/>