

## **.35 NUTRITION AND FOOD SERVED**

- A. The provider or substitute shall prepare, or make arrangements with the child's parents to provide, an adequate amount of nutritious food and beverages for the number of meals and snacks the child will be served, appropriate for the child's age and appetite.**

INTENT: Children need enough wholesome food and drink each day to ensure their proper growth and development. You are responsible for making sure that these items are available.

INSPECTION REPORT ITEM: "Adequate/nutritious/age-appropriate food and beverage"

COMPLIANCE CRITERIA: There are enough wholesome, age-appropriate foods and beverage to meet the nutritional needs of each child.

ASSESSMENT METHOD: Observation of items and amounts served at meal-time or snack-time; or discussion with you about the specific types and amounts of food and beverages served.

Note: Refer to "[Child Nutrition Guidelines](#)" for USDA-recommended portion sizes of various food groups.

- B. The provider or substitute shall serve meals and snacks at regular and age-appropriate intervals.**

INTENT: Meals and snacks should be served on a regular schedule. This schedule must be based on the children's developmental needs and activity levels.

INSPECTION REPORT ITEM: "Food served at age-appropriate intervals"

COMPLIANCE CRITERIA: Meals and snacks are routinely served on a schedule that meets the needs of the children consuming them.

ASSESSMENT METHOD: Observation of when meals or snacks are served in relation to the children who are present. If observation is not possible, discussion to determine meal/snack schedules in relation to the children consuming them.

- C. The provider may not:**

- (1) Force a child to eat;**
- (2) Punish a child for refusing to eat; or**
- (3) Withhold food as punishment.**

INTENT: Eating should be a positive experience for children. Food should not be associated with coercion or punishment.

INSPECTION REPORT ITEM: "Food not used for punishment"

COMPLIANCE CRITERIA:

- Each child is allowed to eat at his or her own pace.
- During meals and snacks, each child is free to eat, or not, as he or she chooses.

ASSESSMENT METHOD: Observation of how the children participate in a meal or snack. If observation is not possible, discussion to determine how meals and snacks are conducted.