

SECTION 27 NUTRITION

- *27.1 Nutritional needs. A facility shall meet the daily nutritional needs of each child. Meals and snacks must be of a quality and quantity which supplement the food served at home. Cultural and ethnic foods which are appropriate for children must be considered in planning meals. To the extent possible, information provided by parents concerning their child's eating habits, and preferences or special needs regarding food must be considered in planning for meals. All licensed facilities shall follow the current nutrition standards for meals and snacks which are applicable to children of ages receiving care at the facility as issued by the Child and Adult Care Food Program of the United States Department of Agriculture. Refer to Addendum VII for information on nutrition.
- *27.2 Meals and snacks shall be nutritious, adequate, and adapted to the ages of the children and shall be attractively served. A facility shall serve each child who stays in the facility:
- A. For 10 hours or less in one day at least one meal and two snacks, or two meals and one snack;
 - B. For more than 10 hours in one day at least two meals and two snacks, or one meal and three snacks;
 - C. Simple nutritious snacks at mid-morning and mid-afternoon. Each child must be offered food at intervals that are at least two hours apart and, unless the child is asleep during that time, are not more than three hours apart.
 - D. A minimum of one-half cup (4 oz.) of pasteurized fluid milk with each meal unless a parent's written recommendation against milk consumption based on medical reasons is contained in the child's record. Full strength fruit juice may then be substituted.
- *27.3 Night care requirements. A facility that offers night care of the children shall provide a nutritious evening meal and a bedtime snack.
- *27.4 Junk food. Sweets, foods, and beverages with little or no nutritional value shall not be served except in addition to the meals and snacks served to comply with the requirements of Subsection 27.3. Celebrations and occasions during which junk food is present should be limited and healthy food options must also be offered during the celebration or occasion.
- *27.5 Menus
- A. Except in family child care homes, menus shall be planned one week in advance, dated, and conspicuously posted in the kitchen and also in a place convenient for the parent's inspection.
 - B. Menus shall be kept on file a minimum of 90 days after their use.

Washoe County Human Service Agency

Regulations for Child Care Facilities

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- *27.6 Bag lunch. Meals may be brought to a facility for a child to consume at the facility. The bag or other container used to bring the meal to the facility must be labeled with the child's first and last name. The facility shall inform the parents of each child who is cared for in the facility that perishable items must be stored or packed in a manner that maintains the temperature of the contents.
- *27.7 Interaction by staff. Members of the staff of the facility should eat with the children and encourage the children to eat a variety of food and observe table manners.
- *27.8 Infants
- A. Infants shall be fed or supervised individually and their diet and pattern of feeding shall be appropriate to their special developmental needs. Infants unable to hold their own bottles shall be held during feeding. Infants over six months of age who show a preference for holding the bottle may be allowed to do so provided a caregiver remains in the room and within observation range. Infants under six months of age may not be offered any solid foods or fruit juices unless the facility has written permission from the child's parent or physician.
 - B. Formula for infants may be furnished by the parents or by the facility, and preparation of such formula must be followed carefully. Each bottle must be labeled with the infant's name and date of preparation and stored to manufacturer's specifications.
- *27.9 Drinking water. A safe supply of drinking water shall be readily available at all times from disposable cups or from a drinking fountain. If a drinking fountain is used, it shall be of the guarded, angular jet type and set at a height readily accessible to the children. The water supply shall comply with the standards of the Nevada Administrative Code Chapter 445A.
- *27.10 Discipline. Food shall never be used as a method of discipline nor as a reward. Children shall be encouraged and assisted to eat if necessary, but in no case shall any child be forced to eat by withholding desserts or by any other means.
- *27.11 Kitchen. Children shall not be allowed in the kitchen except for supervised learning experiences.