**Snacks and Meals for Students**

Childcare program personnel shall assure that no more than 3 hours elapse between meals and snacks offered to the children.

Children shall be encouraged to try all foods, but shall not be required to try or to eat any food before they are served other food components or additional servings, or before they are allowed to be done with their meal or snack

Childcare program personnel shall

* Follow individual feeding schedules provided by the parent of each child who has not reached a developmental level which enables them to eat on schedule; and
* Comply with dietary restrictions as requested in writing by the parents of each child, due to food allergies, religious, or philosophical beliefs.

Childcare staff shall serve all food items on a plate or napkin, except foods for infants and toddlers which can be served on a chair tray or table that has been cleaned and sanitized before being used as an eating surface

Only food contact surfaces that are easily cleanable, smooth, free of cracks, breaks, open seams, or similar difficult to clean imperfections which are kept clean, shall be used for food preparation.

Children shall have access to drinking water and be encouraged to drink water throughout the day.

Childcare staff shall sanitize all tables used for meals and snacks, both before and after serving meals or snacks.

Childcare staff **shall not serve foods** that can cause a choking hazard to children younger than 3 years of age or to children who have been identified as having chewed and swallowing difficulties, including, but not limited to

* Spoonsful of peanut butter
* Whole or rounds of hot dogs or sausage.
* Whole grapes
* Hard candy and chewing gum
* Raw carrot rounds, peas, or celery
* Chips or hard pretzels
* Marshmallows
* Nuts or seeds
* Popcorn
* Other hard or cylinder-shaped foods that may pose a choking hazard.

Childcare staff shall not serve low fat or non-fat milk, or other non-dairy milk products such as soymilk, oat milk, and almond milk, to children younger than 2 years of age unless authorized to do so in writing by the child’s parent and the child’s licensed health care practitioner