

5101:2-9-20

**Food and nutrition.**

- (A) A residential facility shall make available or make provision for each child to have available three nutritious meals per day scheduled at regular intervals. If more than four hours elapse between any two meals or if fourteen hours elapse between the evening meal and breakfast, a nutritious snack shall be served.
- (B) The resident's daily allowance of food shall meet ~~the guidelines of appendix 1 to this rule which are from~~ the most recent dietary guidelines for Americans published by the food and nutrition information center of the United States department of agriculture (USDA), ~~as adjusted for the age and sex of each resident in the residential facility. Additional information on nutrition can be obtained from the USDA's food and nutrition information center or the center for nutrition policy and promotion.~~ The most current guidelines can be accessed at [www.cnpp.usda.gov/DietaryGuidelines.htm](http://www.cnpp.usda.gov/DietaryGuidelines.htm) (2010).
- (C) All meats serviced by the facility subject to inspection shall be inspected and graded by the federal or state department of agriculture.
- (D) A minimum of three daily servings of pasteurized milk, vitamin D fortified, shall be provided or made available in recommended amounts according to each child's age and sex.
- (E) A residential facility shall document that all agricultural, livestock, or dairy operations maintained by the facility conform to all applicable regulations adopted by the department of agriculture and the department of health.
- (F) Each children's residential center (CRC) shall prepare menus at least one week in advance. Cycle menus, if used, shall be at least three weeks long.
- (G) A residential facility shall not interfere with documented medical dietary restrictions or religious dietary restrictions of an individual child.
- (H) Meals provided by a residential facility for direct child care staff shall be the same as those provided for the children.
- (I) Formula for an infant prepared by or in a residential parenting facility or a children's crisis care facility shall be prepared in accordance with the instructions of the formula or by the techniques recommended by the attending physician which shall be on file at the facility.
- (J) Before preparing formula for an infant, all equipment used in the preparation and storage of the formula shall be thoroughly washed with hot water and detergent

followed by a thorough rinsing in hot running water.

- (K) Formula for an infant to be stored at the facility for any period of time shall be labeled with the child's name and date of preparation.
  
- (L) Formula for an infant shall be refrigerated immediately after preparation and shall not be used more than twenty-four hours after preparation. The timeframe for use after preparation may be longer than twenty-four hours if directed by a physician or as documented in the instructions of the formula. The timeframe shall not be extended beyond the physician's recommendation or the instructions of the formula.
  
- (M) Formula for an infant shall not be heated in a microwave oven.

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Certification

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Date

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