

## **EASTFORD READINESS COUNCIL**

### **Snack and Mealtime Procedures**

#### **Eating Procedure**

1. Staff will wash and sanitize the tables and prepare them for mealtime.
2. Children will get their lunchboxes or select their snack from the classroom choices.
3. Staff will obtain milk from the school milk refrigerator.
4. Staff and children will wash their hands before eating.
5. Children will sit and eat their food.
6. Staff will sit and eat with the children while engaging them in conversation
7. Staff will model proper manners and behavior for eating.
8. After finishing their food children will clean up their area, wash hands if necessary and move on to the next activity. (Hand washing is necessary if hands have touched the food or children have finger fed themselves.)
9. Staff wash and sanitize the tables .

Children may assist with snack procedure as long as proper sanitary precautions are taken. Tasks such as setting the table, passing out of utensils or food are acceptable. Staff must watch for recontamination.

#### **Choking Precautions**

THESE PRECAUTIONS ARE APPLICABLE FOR CHILDREN  
UNDER THE AGE OF FOUR (4)

1. Staff will not offer children younger than four years old foods that may be a choking hazard, such as hotdogs, whole grapes, nuts, popcorn, raw peas, hard pretzels, spoonfuls of peanut butter, chunks of raw carrots or meat cut into larger than bite-sized pieces.
2. Parents are notified that these foods may be a choking hazard and are encouraged not to send these foods to school.
3. If these foods are brought to school, staff will send home and provide an alternative snack.

#### **Food Safety**

1. Staff works with families to encourage that food brought from home meets the USDA's CACFP (Child and Adult Care Food Program) guidelines.
2. Individual food containers stored in a common area are to be labeled with the child's name and date. Lunchboxes and reusable drink containers should also be labeled with the child's name.

3. Staff makes sure any food or liquid being served that requires refrigeration stays cold until served. (All milk is obtained and returned to the refrigerator in the proper time frame.)
4. Liquids and foods that are hotter than 110 degrees Fahrenheit are kept out of children's reach.
5. Microwaves should never be used to heat children's food or beverages.
6. Staff will discard foods and liquids with expired dates.
7. For the purpose of allergy and nutritional awareness, all foods brought in to share with the class will either be whole fruits, or prepackaged items. All fruits and vegetables will be thoroughly washed by staff prior to eating.
8. Any regular snack/meal items offered by the program will be reviewed by a registered dietitian or nutritionist, and any suggestions or comments made by the professional will be adhered to.

### **Children with Special Feeding Needs**

Whenever a child with special feeding needs is enrolled in the program, program staff will consult with the family, school nurse, and other professionals as needed to oversee specific requirements.

Classroom staff and /or nurse will document the type and quantity of food the child consumes and provide this information to the family on a daily basis.

