

Foundational Quality Standards for Early Learning Programs Covered in this Learning Session

WAC 110-300-0180 Meal and snack schedule.

(1) An early learning provider must serve meals and snacks to children in care as follows:

- (a) Meals and snacks must be served not less than two hours and not more than three hours apart unless the child is asleep;
- (b) Children in care for five to nine hours:
 - (i) At least one meal and two snacks; or
 - (ii) Two meals and one snack.
- (c) Children in care for more than nine hours:
 - (i) Two meals and two snacks; or
 - (ii) Three snacks and one meal.
- (d) After school snack, dinner, evening snack, and breakfast:
 - (i) A snack or meal must be provided to a child that arrives to the early learning program after school;
 - (ii) Dinner must be provided to children in nighttime care if a child is at an early learning program after his or her dinnertime, or has not had dinner;
 - (iii) An evening snack must be provided to children in nighttime care;
 - (iv) Breakfast must be provided to children in nighttime care if a child remains in care after the child's usual breakfast time; and
 - (v) A breakfast or morning snack must be available to children in care.

(2) At least once per day, an early learning provider must offer children an opportunity for developmentally appropriate tooth brushing activities.

- (a) Tooth brushing activities must be safe, sanitary, and educational.
- (b) Toothbrushes used in an early learning program must be stored in a manner that prevents cross contamination.
- (c) The parent or guardian of a child may opt out of the daily tooth brushing activities by signing a written form.

WAC 110-300-0185 Menus, milk, and food.

To ensure proper nutrition of children in care, an early learning provider must comply with the child nutrition requirements described in this section.

(1) Meals, snack foods, and beverages provided to children in care must comply with the requirements contained in the most current edition of the *USDA Child and Adult Care Food Program (CACFP)* standards, or the *USDA National School Lunch and School Breakfast Program* standards.

- (a) An early learning provider must supply dated menus.
- (b) Food and beverage substitutions to a scheduled menu must be of equal nutritional value.

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(c) An early learning provider must only serve water, unflavored milk or one hundred percent fruit or vegetable juice.

(d) An early learning provider must limit the consumption of one hundred percent fruit juice to no more than four to six ounces per day for children between one and six years old, and eight to twelve ounces per day for children seven through twelve years old.

(2) An early learning provider must serve a fruit or vegetable as one of the two required components during at least one snack per day.