

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

### **WAC 110-300-0195 Food service, equipment, and practices.**

- (1) An early learning provider preparing or serving food must comply with the current department of health *Washington State Food and Beverage Workers' Manual* and supervise services that prepare or deliver food to the early learning program.
- (2) Snacks and meals must be prepared and served by an early learning provider who possesses a valid and current food worker card pursuant to WAC [110-300-0106](#)(13).
- (3) An early learning provider must:
  - (a) Supply durable and developmentally appropriate individual eating and drinking equipment, or developmentally appropriate single use disposable items;
  - (b) Clean and sanitize eating and drinking equipment after each use. Water cups or bottles must be cleaned and sanitized daily if designated for a single child;
  - (c) Ensure plastic eating and drinking equipment does not contain BPA (a chemical used in hard plastic bottles and as a protective lining in food and beverage cans) or have cracks or chips;
  - (d) Use gloves, utensils, or tongs to serve food;
  - (e) Serve meals or snacks on plates, dishware, containers, trays, or napkins or paper towels, if appropriate. Food should not be served directly on the eating surface; and
  - (f) Be respectful of each child's cultural food practices.
- (4) An early learning provider must:
  - (a) Serve each child individually or serve family style dining, allowing each child the opportunity to practice skills such as passing shared serving bowls and serving themselves; and
  - (b) Sit with children during meals.

### **WAC 110-300-0196 Food sources.**

- (1) Food prepared and served from an early learning program must not be tampered with or spoiled.
- (2) Food prepared and served from an early learning program must be obtained from an approved source licensed and inspected by the local health jurisdiction, the Washington state department of agriculture (WSDA), or the USDA. Food items not approved to be served to children in care include:
  - (a) Meat, fish, poultry, eggs, or milk that has not been inspected by the USDA or WSDA;
  - (b) Home canned food;

- (c) Game meat or other meat that has not been inspected by the WSDA or USDA;
  - (d) Leftover food that was previously served from outside of the early learning program; or
  - (e) Food from roadside stands selling without a permit.
- (3) Food not prepared on-site by an early learning provider, pursuant to WAC [110-300-0195](#)(2), must be provided by:
- (a) A licensed food establishment, kitchen, or catering business that meets food service requirements (chapter [246-215](#) WAC) and is regularly inspected by a local health jurisdiction;
  - (b) A parent or guardian for his or her own children; or
  - (c) A manufacturer of prepackaged food.
- (4) Fruits and vegetables (produce) grown on-site in a garden as part of an early learning program may be served to children as part of a meal or snack. Prior to preparing and serving:
- (a) The produce must be thoroughly washed and scrubbed in running cold water to remove soil and other contaminants;
  - (b) Damaged or bruised areas on the produce must be removed; and
  - (c) Produce that shows signs of rotting must be discarded.

**WAC 110-300-0197 Safe food practices.**

- (1) Early learning providers must wash their hands, pursuant to WAC [110-300-0200](#).
- (2) Early learning providers must store, prepare, cook, hold food, and wash dishes, pursuant to WAC [110-300-0195](#).
- (3) For all foods offered by the provider or given to an enrolled child by a parent or guardian, the provider must:
- (a) Provide appropriate refrigeration to preserve foods from spoiling. Foods that may be subject to spoiling include, but are not limited to, meats, cooked potatoes, cooked legumes, cooked rice, sprouts, cut melons, cut cantaloupes, milk, and cheese; and
  - (b) Refrigerate foods requiring refrigeration at 41 degrees Fahrenheit or less and freeze foods required to be frozen at 10 degrees Fahrenheit or less.
- (4) Food must be stored as follows:
- (a) In original containers or in clean, labeled, dated, and airtight food grade containers, if appropriate;
  - (b) Food not required to be refrigerated or frozen must not be stored directly on the floor;
  - (c) In a manner that prevents contamination;

- (d) Food and food service items (such as utensils, napkins, and dishes) must not be stored in an area with toxic materials (such as cleaning supplies, paint, or pesticides);
  - (e) Food that is past the manufacturer's expiration or "best served by" date must not be served to enrolled children; and
  - (f) Raw meat must be stored in the refrigerator or freezer below cooked or ready to eat foods.
- (5) For food requiring temperature control, a center early learning program must maintain a food temperature log by using a calibrated and working metal stem-type or digital food thermometer.
- (6) Prior to storing leftover food in a refrigerator or freezer, an early learning provider must label the food with the date the leftover food was opened or cooked.
- (7) An early learning provider may serve leftover food that originated from the early learning program if the leftover food was not previously served and:
- (a) Refrigerated leftover food must be stored and then served again within forty-eight hours of originally being prepared; or
  - (b) Frozen leftover food must be promptly served after thawing and being cooked.
- (8) Frozen food must be thawed by one of the following methods:
- (a) In a refrigerator;
  - (b) Under cool running water inside a pan placed in a sink with the drain plug removed; or
  - (c) In a microwave if the food is to be cooked as part of the continuous cooking process.

**WAC 110-300-0198 Food preparation areas.**

- (1) An early learning provider or staff must clean and sanitize food preparation areas and eating surfaces before and after each use, pursuant to WAC [110-300-0241](#) (1)(a).
- (2) In an early learning program's food preparation area, kitchens must:
- (a) Have walls, counter tops, floors, cabinets, and shelves that are:
    - (i) Maintained in good repair including, but not limited to, being properly sealed without chips, cracks, or tears; and
    - (ii) Moisture resistant.
  - (b) Have a properly maintained and vented range hood, exhaust fan, or operable window; and
  - (c) Have a properly maintained and working refrigerator, freezer, or a combination refrigerator and freezer with sufficient space for proper storage and cooling of food.
- (3) An early learning provider must:

- (a) Have at least eight feet between the food preparation area and any diaper changing tables or counters and sinks used for diaper changing;
  - (b) Clean and sanitize a sink immediately before using it to prepare food to be served to children in care;
  - (c) Use a colander or other method to prevent food and kitchen utensils from touching the sink basin; and
  - (d) Clean dishes, pans, baby bottles, and kitchen utensils as follows:
    - (i) Cleaning and sanitizing with an automatic dishwasher that uses heat or chemicals to sanitize; or
    - (ii) Handwashing, rinsing, sanitizing, and allowing to air dry.
- (4) Center early learning programs licensed after the date this chapter becomes effective must have:
- (a) A handwashing sink separate from dishwashing facilities;
  - (b) A food preparation sink located in the food preparation area; and
  - (c) A method to clean and sanitize dishes, pans, kitchen utensils, and equipment in the food preparation area using:
    - (i) A two-compartment sink and an automatic dishwasher that sanitizes with heat or chemicals; or
    - (ii) A three-compartment sink method (sink one is used to wash, sink two is used to rinse, sink three contains a sanitizer, and the dishes are allowed to air dry).
- (5) An early learning provider may use the kitchen for actively supervised cooking or food preparation activities with children in care.