



Operating Standard Title:	Food Service Program
Content Area	USDA Food Service

Rationale: To ensure compliance with all USDA/CACFP, Head Start, and WAC food service requirements.

Procedures:

- EPIC will participate in USDA/CACFP and follow all applicable regulations.
- EPIC will not use food as a reward or punishment.
- EPIC will allow children sufficient time to eat.
- EPIC will work in collaboration with parents to identify each child’s individual nutritional needs.
- EPIC will make appropriate accommodations for modified diets due to food allergies, intolerances, diabetes etc. (Refer to Diet Prescriptions – Food Allergies & Modified Diets Operating Standard)
- EPIC will follow age appropriate portion sizes.

Toddler and Pre-school classrooms and EHS Socializations:

- Toddler and Pre-school classrooms and EHS Socializations eat Family Style Meals.
- Staff including volunteers will eat with the children.
- EPIC will follow a cycle menu that:
 - Meets USDA/CACFP meal patterns and portion sizes.
 - Is reviewed and approved by EPIC’s contracted Registered Dietician.
 - Has a balance of hot and cold foods.
 - Has a variety of colors, flavors, and textures.
 - Is low in sugar, salt, and fat.
 - Contains foods that support dental health.
 - Has ease of preparation for food service staff.
 - Includes staff and parents involvement in development.
 - Is culturally relevant.
 - Has a Vitamin C food every day and Vitamin A food three times per week.
 - Is economical responsible.
- Post a copy of the menu in both English and Spanish in the kitchen and the classrooms.
- Offer breakfast, am snack, lunch, and pm snack based on part day or full day program. Note: Children who are in care for eight hours or more are required to have all four meals per WAC.
- Serve food in meals and snacks which provide at least 1/3 of the daily nutritional needs for every child in a part time program and 1/2 to 2/3 of daily nutritional needs for every child in a full day program.
- Schedule meals and snacks periods according to USDA/CACFP guidelines and WAC requirements.
- Post schedule in each classroom.
- Children will not be forced to participate in meal time. If children do not want to participate teachers must have a quiet activity they can do. (We can only talk to the children about the importance of meals to try and get them to participate)
- Sleeping children will try to be woke up to participate in meals, If child persists on sleeping we will offer something when child wakes up. (this may not be the complete meal) This child cannot be claimed on meal count.

Infants:

- Infant classrooms eat on demand.
- Infants follow age appropriate schedule for introducing new foods

*****NOTE: Children who are in care for eight hours or more are required to have all four meals by Washington State Child Care Licensing regulations.**