

Rhode Island Department of Children, Youth, and Families

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Child Care Center and School Age Program Regulations for Licensure

(dated 9/18/17)

Regulation 1.8 Health, Safety, and Nutrition

Pages 20–21:

M. Nutrition

1. All meals and snacks provided by the program must meet current USDA Child and Adult Care Food Program (CACFP) nutritional standards.
2. The program does not serve drinks with caffeine and/or sweetened artificially or with sugar, including soda and flavored milk.
3. Children are provided the opportunity to eat at intervals not to exceed three hours.
 - a. Exceptions may be made during Night Time Care programs.
4. A supply of food that meets the CACFP nutritional standards is kept at the program for:
 - a. meals (if applicable) and snacks;
 - b. when a child is still hungry after a meal or snack; and
5. If a program chooses to serve juice, it must:
 - a. be 100% fruit juice;
 - b. be in accordance with the US Department of Agriculture Child and Adult Care Food Program;
 - c. be served only at meal or snack time; and
 - d. never be served to Younger Infants.
6. Menus for meals and snacks are planned and are posted weekly.
7. The program gives parents/guardians written nutrition guidelines at the time of enrollment.

8. On special occasions (not to exceed two per month) food and beverages (not to include soda or other caffeinated drinks) that do not meet nutritional requirements may be served in addition to required meals and snacks.
9. Drinking – water is readily available and offered throughout the day, especially before, during and after outdoor play.
10. Drinking – water supplies are located in or near classrooms and activity rooms.

Family Child Care Home Regulations for Licensure

(dated 10/01/07)

Licensing Standard IV – Health and Nutrition

Page 19:

I. Snacks and Meals

1. Provider shall serve nutritious mid-morning and mid-afternoon snacks and nutritious meals to the children in care in accordance with the child care component of the USDA Child and Adult Care Food Programs (CACFP).
2. When parents/guardians provide snacks or other meals, the provider shall monitor the food to ensure nutritious value. Provider shall provide parents/guardians with written guidelines for meals and snacks and suggest how they can assist the provider in meeting these guidelines.
3. Whenever possible, the provider shall sit and eat with the children.

J. Beverages – Provider shall offer age-appropriate beverages as defined below:

1. Infants (birth through 12 months)
 - a. Either breastmilk or iron-fortified infant formula or portions of both, must be served for the entire first year.
 - b. Juice shall not be offered to infants until they are six months of age and ready to drink from a cup. The provider should offer not more than 4 ounces of 100% fruit juice per day. Juice should be offered at either a meal or a snack instead of continuously throughout the day all meals. Fruit drinks or punch, soda, and other sugar-sweetened beverages are not allowed.
2. Toddlers 12months through 24 months

- a. Only whole pasteurized milk should be served to children between the ages of 12 and 24 months. The provider shall not serve skim or nonfat, lowfat (one percent or two percent) to any child between 12 and 24 months.
 - b. Juice – The provider should offer not more than 4 ounces of 100% fruit juice per day. Juice should be served from a cup and should be offered at either a meal or a snack instead of continuously throughout the day all meals. Fruit drinks or punch, soda, and other sugar-sweetened beverages are not allowed.
 - c. The provider shall have drinking water readily available to the children during the time that they are in care.
3. Children 2 years and older
- a. Children 2 years and older should be served skim or nonfat milk or lowfat milk (one percent or two percent fat milk) in accordance with guidelines established by the American Academy of Pediatrics.
 - b. Juice – The provider should offer not more than 6 ounces of 100% fruit juice per day. Juice should be served from a cup and should be offered at either a meal or a snack instead of continuously throughout the day all meals. Fruit drinks or punch, soda, and other sugar-sweetened beverages are not allowed.
 - c. The provider shall have drinking water readily available to the children during the time that they are in care.