

## **Licensed Family Day Homes**

### **22VAC40-111-210. Annual training.**

210 B. The annual training shall cover areas such as, but not limited to:

5. child nutrition;

### **22VAC40-111-870. General Requirements for Meals and Snacks**

870 E. Food shall be prepared, stored, served and transported in a clean and sanitary manner.

### **22VAC40-111-880.Meals and Snacks Provided by Family Day Home**

880 A. Family day homes shall follow the most recent, age-appropriate nutritional requirements of a recognized authority such as the CACFP of USDA.

### **22VAC40-111.960. Feeding Infants**

960 A. Infants shall be fed on demand unless the parent provides other written instructions.

960 B. Infants who cannot hold their own bottles shall be picked up and held for bottle feeding. Bottles shall not be propped.

960 E. Bottles shall be refrigerated and labeled with the child's full name and the date, if more than one infant is in care.

960 F. Refrigerated bottles of prepared formula and breastmilk shall be discarded after 48 hours if not used.

960 G. Bottles shall not be heated in the microwave oven.

960 I. A child's mother shall be granted access to a private area of the family day home to facilitate breastfeeding.

960 J. Solid foods shall:

1. Not be fed to infants less than 4 months of age without parental consent; and
2. Be fed with a spoon, with the exception of finger foods.

## Licensed Child Day Centers

### **22VAC40-185-420 Parental involvement.**

420 A. Before the child's first day of attending, parents shall be provided in writing the following:

12. Food policies;

420 E. Communication.

1. For each infant, the center shall post a daily record which can be easily accessed by both the parent and the staff working with the child. The record shall contain the following information:
  - a. The amount of time the infant slept;
  - b. The amount of food consumed and the time;

### **22 VAC 40-185-560. Nutrition and food services.**

560 F. When centers choose to provide meals or snacks, the following shall apply:

1. Centers shall follow the most recent, age-appropriate nutritional requirements of a recognized authority such as the CACFP of USDA.
4. Children three years of age or younger may not be offered foods that are considered to be potential choking hazards.

### **22VAC40-185-570. Special feeding needs.**

570 A. High chairs, infant carrier seats, or feeding tables shall be used for children under 12 months who are not held while being fed.

1. Children using infant seats or high chairs shall be supervised during snacks and meals.
2. When a child is placed in an infant seat or high chair, the protective belt shall be fastened securely.

570 B. Bottle fed infants who cannot hold their own bottles shall be held when fed. Bottles shall not be propped or used while the child is in his designated sleeping location.

570 C. The record of each child on formula shall contain:

1. The brand of formula; and
2. The child's feeding schedule.

570 D. Infants shall be fed on demand or in accordance with parental instructions.

570 E. Prepared infant formula shall be refrigerated, dated and labeled with the child's name.

570 F. Heated formula and baby food shall be stirred or shaken and tested for temperature before serving to children.

570 G. Milk, formula or breastmilk shall not be heated or warmed directly in a microwave. Note: water for warming milk, formula, or breastmilk may be heated in the microwave.

FDH and CDC Licensing Requirements Impacting Breastfeeding  
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570 H. Prepared baby food not consumed during that feeding by an infant may be used by that same infant later in the same day, provided that the food is not served out of the baby jar and is dated and stored in the refrigerator; otherwise, it shall be discarded or returned to the parent at the end of the day. Formula or breast milk shall not remain unrefrigerated for more than two hours and may not be reheated.

570 I. A one-day's emergency supply of disposable bottles, nipples, and commercial formulas appropriate for the children in care shall be maintained at the centers.

570 J. Breastfeeding shall be permitted.

570 K. Staff shall feed semisolid food with a spoon unless written instructions from a physician or physician's designee state differently.