



**COUNTY OF SAN BERNARDINO
PRESCHOOL SERVICES DEPARTMENT
POLICY**

NO. 01 ISSUE 1
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EFFECTIVE: 07-01-10
Updated

SUBJECT:
Sufficient Meal Times

APPROVED: 10-19-10

BY: Ron Griffin, Director

PURPOSE

Appropriate meal time spacing and classroom atmosphere.

POLICY

Head Start Program Performance Standard 1304.23 (c)(2) states that sufficient time is allowed for each child to eat. CACFP policies are that meals must be spaced properly and served at the appropriate time of day in order to be eligible for reimbursement.

Forms applicable to this policy: Site Meal Schedule.

REFERENCE

Head Start Performance Standards 1304.23(c)(3), Child Care Administrative Manual 920, 921, & 923.

PROCEDURE

Relaxing meal times provide children many opportunities to learn and therefore a leisurely meal pace is encouraged. Mealtime environments should be positive and pleasant and will allow slower eaters sufficient time while children that become restless before the meal is over are allowed to get up and move to an alternative activity where they can still be visually supervised.

When planning classroom schedules or socialization days, utilize the CACFP Mealtime guidelines:

- Breakfast may not be served later than 9:00 a.m.
- Lunch is between the hours on 11:00 a.m.-1:30 p.m.

Mealtime Spacing:

- | | |
|----------------------------|--------------------|
| • Breakfast and A.M. Snack | 2 hours in between |
| • Breakfast and A.M. Lunch | 3 hours in between |
| • A.M. Snack and Lunch | 2 hours in between |
| • P.M. Lunch and Snack | 2 hours in between |