

REGULATION *Requires* FACILITIES TO



MASTER THE MEAL SERVICE



Y

Use **separate containers** for each food or entrée.

Make available at least the minimum **portion** by age.

Make all required **components** available at the same time.

BEST PRACTICE *Encourages* FACILITIES TO

CHOOSE THE RIGHT SIZE



Use serving scoops that match the required portion size.

Use child size utensils and wide-rimmed plates.

Serve drinks in an open cup when children are ready.

INVOLVE THE KIDS



Make pouring easier! Fill pitchers half way.

Let children set and clear the table.

PROVIDE EXTRA



Make second servings available.

Keep extra napkins and utensils available for drops and spills.

Be a **ROLE MODEL**

I establish a calm, predictable mealtime routine and schedule. This includes announcing the menu and washing hands!

I model setting the table, serving myself, passing foods, saying "please" and "thank you" and cleaning up.

I sit and talk with the kids, modeling good social interaction. What is your favorite animal? Rawr!

I try new foods and follow my own hunger and fullness cues.

I don't bribe with food or withhold food. It's not a punishment or reward. Children can leave food on their plate or ask for more!



This document contains shared family-style meal guidance for regulatory requirements and best practices and was developed as a collaboration between the following organizations:



ARIZONA DEPARTMENT
OF HEALTH SERVICES



QUALITY FIRST
FIRST THINGS FIRST



AZ
HEALTH
ZONE
HEALTHY STARTS HERE



The above organizations would like to thank the Arizona Early Childhood Education Association for contributing provider feedback.