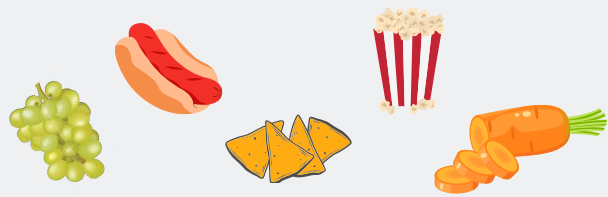


SAFETY CONSIDERATIONS

Choking Risks Foods that are round, hard, thick, sticky, or slippery are common choking hazards. Modify these types of foods based on children's ages and developmental abilities.

EXAMPLES



CHANGE THE SHAPE AND TEXTURE!

Cook hard foods to soften them.

Infants- Cut to 1/4" pieces

Toddlers- Cut to 1/2" pieces



Special Situations In the case of special dietary needs or unexpected menu adjustments, you must document substitutions and modifications according to regulatory requirements.

MENU SUBSTITUTIONS are menu changes for all children, within the same component.

EXAMPLES:

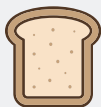
Fruit



Fruit



Grain



Grain



MENU MODIFICATIONS are individual accommodations for special dietary needs.

EXAMPLES:

No Dairy



Soy Milk



No Gluten



Rice



Changes to the menu can be made at any time. Changes and substitutions must be within the same component to ensure meals and snacks meet the requirements.

Modifications for special dietary needs must be accommodated to ensure participant safety. Modified meals can be claimed under CACFP when appropriate documentation is on file.

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



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