**Section 2603.110 Food Service**

a) Introduction

Growing children need three full meals per day, served at reasonable intervals, and adequate in quantity and nutritional value. Careful planning of menus and competent supervision in food preparation are required.

b) Minimum Standards

1) Meal and Food Service

Shelter care facilities shall provide meals and food service that conform to the following:

A) Food must be of sufficient nutritional value and provide a daily minimum of 2,500-3,000 calories. Food shall not be used as a reward or withheld as a disciplinary measure.

B) Food quantity must be sufficient to satisfy, within reason, a child's needs.

C) Meals shall be provided at reasonable and proper intervals, i.e., adhering to recognized breakfast, lunch, and dinner schedules.

D) Three complete and balanced meals shall be served each child for each 24 hours of shelter care.

E) A beverage, in addition to water, shall be available with each meal and milk shall be available for at least two meals during each 24 hours of shelter care.

F) Special diets shall be adhered to when prescribed by a physician. The original diet order shall be filed in the child's case folder and a copy shall be sent to dietary personnel.

G) Menu items shall be substituted when a child's religious beliefs prohibit the eating of particular foods.

H) Nutritional planning shall take into consideration the dietary needs of youth who are hyperactive.

2) Method of Providing Food Service

The superintendent may elect to provide meals and food service by one or more of the following methods:

A) Food preparation and service in an on-site kitchen with sufficient food service employees.

B) Contract for catered food service (either private firm or local governmental activity).

C) Food preparation establishments and services must meet the conditions and requirements, including license, established by the Illinois Department of Public Health.

3) Menus

Menus shall be preplanned and copies of the menu served shall be maintained for a period of three months.

A) A record of catered meals served shall be maintained for three months.

B) The menus shall be diversified so as to avoid the monotony of a standardized diet.

4) Portion or Serving

A portion or serving shall be defined as a quantity which looks good on the plate and is satisfying to the majority.

5) On-Site Food Preparation and Service

A) Food service employees must be qualified in training and supervising children assigned to food service.

i) Children assigned to food service must undergo a physical examination and be certified free of communicable diseases.

ii) Personal appearance of food service workers, employees or children, must be inspected regularly.

iii) Children working in food service shall be required to bathe daily and be provided with clean clothing daily.

B) A heated or insulated cart capable of transporting containers of food, drink, and eating utensils shall be utilized when the serving or dining area is a significant distance from the kitchen and food temperature would not otherwise be maintained.

C) Meals shall be attractively served and conducted in a group setting.

D) Food and drink while being stored, prepared, displayed, served or transported shall be protected from contamination by insects or other foreign substances.

E) China, plastic dinnerware or divided/compartmented trays shall be used for full meal service. Dishes and eating utensils shall be removed from the dining room soon after the meal is finished and returned to the kitchen for proper washing and sterilizing or disposal, as appropriate.

F) Ranges, stoves, and ovens shall be equipped with an accurate thermostat or temperature gauge.

G) A mechanical dishwasher which meets Illinois Department of Public Health standards is preferred, but in its absence:

i) A three-compartment stainless steel sink with drainboard is required: one compartment for washing, with 110 degrees Fahrenheit water containing adequate soap or detergent; one compartment for rinsing; and one compartment for sterilization, with the water temperature no less than 170 degrees Fahrenheit or sterilization using a sanitizing agent.

ii) Dishes, trays, and eating utensils shall be drain dried and not wiped dry.

H) Dry stores such as flour, cereal, dried beans, peas, coffee, and canned goods shall be stored in a cool, dry, and well ventilated area, screened or otherwise protected against insects and rodents. Containers used to store dry bulk quantities shall be lined with or have the interior coated with an acceptable impervious substance or plastic.

I) Fresh fruits, vegetables, dairy products, meats, and frozen foods shall be refrigerated in accordance with Illinois Department of Public Health standards.

i) All refrigerators and freezers shall be equipped with an accurate thermometer.

ii) Frozen food shall be kept at or below zero degrees Fahrenheit.

iii) All perishable foods shall be stored at such temperature as will protect against spoilage (no higher than 45 degrees Fahrenheit).

6) Staff Meals

Staff members shall be served meals no different in quality or menu than that served to children. At least one staff member shall be assigned to supervise children while dining.

7) Fruit and Juices

Fruit juices and/or fresh fruit shall be provided daily.

8) Food Apportioning

Apportioning of food by children shall be supervised by staff members to ensure that favoritism or careless serving does not occur.

9) Storing of Food

Children shall not be allowed to store food in their rooms.

10) Evening Snack

A light snack shall be made available to youth prior to bedtime.

11) Toilet Facilities

Toilet and wash basin facilities shall be available to food service personnel in the vicinity of the food preparation area.

(Source: Amended at 12 Ill. Reg. 12405, effective October 1, 1988)