**Section 403.14 Food and Nutrition**

a) Foods shall be prepared and served to provide the recommended dietary allowances (R.D.A.) for the nutritional needs of the children.

b) Food products from home-raised animals shall meet the standards of the Departments of Agriculture and Public Health.

c) When a physician has prescribed a special diet for a child the home shall provide the special diet.

d) The group home shall consider the child's nutritional needs in relationship to the sex, age, religious beliefs and cultural background of the child.

e) Meals shall be served under clean and sanitary conditions.

f) Each child shall be provided three balanced meals a day. The time span between one meal and the next meal shall not be greater than fourteen hours (overnight).

g) Children shall be encouraged to eat food served, but shall not be subjected to undue coercion or forced feeding.

h) Staff members shall be present to provide supervision for children during mealtimes.

i) If meals are provided to on-duty staff, they shall be substantially the same as those served to children, unless a special diet due to modified needs or religious beliefs is required.

j) Menus shall be prepared and posted one week in advance of actual service.

k) Records of all meals actually served shall be retained for one year and shall be available for periodic review and evaluation.

l) Children may be allowed to assist in meal preparation under adult supervision.