

Health and Nutrition Guiding Questions

Meals and Snacks

- What kind of milk can be served to the children?
- How many meals and snacks must be served?
- What are the food service standards that must be met?
- What kind of food and menus must the program have?
- What are approved food sources?
- What type of kitchen materials and equipment is required?
- What type of eating and drinking equipment must the program provide?
- What types of food must be provided at meals and snacks?

How can food be stored safely?

How can food be thawed safely?

Injuries and Illness

- What kind of health policies and procedures must be in place?
- How often must staff wash hands?
- When is a child or staff member too ill to stay at the program?
- How often must children wash hands?
- In what situations am I required to complete an incident/injury report?
- What are the requirements for a first aid kit?

Medication and Health Conditions

- What type of consent must be obtained before giving medication?
- Are program staff members required to give medications to children in their care?
- Who can provide consent for staff to give medication to children in their care?
- How must medications be stored?
- Can bulk medication such as diaper ointments be used (one container for all children)?
- How must leftover medication be handled?
- When can children take their own medications?
- Is special equipment needed to give medication to the children?
- What documentation is required when giving children medication?
- Can anyone else give medication to children in the program's care?
- What needs to be in place for children that have special health/medical conditions?

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