



Proposed District Child Care Licensing Regulations Chapter 3 (Child Development Facilities) of Title 29 (Public Welfare)		
<i>Proposed Regulation</i> 373.5 Each facility shall serve:	<i>Relevant Findings from</i> D.C. Hunger Solutions' Report of nutrition environment scans at 25 child care centers	<i>Comments</i>
(a) Whole milk to children aged one (1) to two (2) Years	<ul style="list-style-type: none"> • 19 of the 25 centers (17 of the 21 CACFP centers) were already in compliance • 17 centers (15 CACFP centers) reported serving reduced-fat (2%) milk • 6 centers (4 CACFP centers) reported serving whole milk • 2 CACFP centers reported serving low-fat (1%) milk 	<ul style="list-style-type: none"> • Education and outreach will be required for compliance
(b) One-percent (1%) milk for children two (2) years of age and older	See above	<ul style="list-style-type: none"> • This regulation would create consistent milk policies for children ages two and older. • Current milk regulations for schools participating in the National School Lunch Program.
(c) Only serve real cheese and not any cheese products	Not assessed	<ul style="list-style-type: none"> • This regulation will help to ensure that children receive high-quality dairy products. • Education and outreach will be required for compliance and to help define what constitutes a cheese product. • Cost may be an issue.

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<i>Proposed Regulation</i>	<i>Relevant Findings from D.C. Hunger Solutions' Report of nutrition environment scans at 25 child care centers</i>	<i>Comments</i>
<p>373.5 Each facility shall serve:</p> <p>(d) Drinking water upon demand and shall make drinking water continuously available throughout the day.</p> <p>Serve water and make it available throughout the day¹</p>	<ul style="list-style-type: none"> • 23 of the 26 centers (19 of 21 CACFP centers) make water available and accessible throughout the day • 3 centers serve water at meals, snacks, and breaks as well as upon request 	<ul style="list-style-type: none"> • This regulation will institutionalize a good practice and ensure consistency across centers
<p>(e) Whole grains (bread, bread alternates, rice, pasta) at least once per day.</p>	<ul style="list-style-type: none"> • 17 centers (14 CACFP) serve whole grains at least once per day • 6 centers (5 CACFP) serve a whole grain 2-4 times per week 	<ul style="list-style-type: none"> • This regulation will institutionalize a good practice and ensure consistency across centers • Education and outreach will be required to ensure that all centers fully understand and comply with the regulation • Cost may be an issue.

¹ Also a current OSSE recommendation for providers participating in CACFP.

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Proposed Regulation 373.5 Each facility shall serve:	Relevant Findings from D.C. Hunger Solutions' Report of nutrition environment scans at 25 child care centers	Comments
	•	•
(f) A fruit and a vegetable at lunch and dinner. Serve a fruit and a vegetable at each meal that requires two servings of fruit and/or vegetable	<ul style="list-style-type: none"> • 13 of the 25 centers (12 CACFP) provide at least one vegetable² per day • 11 centers (8 CACFP) serve a vegetable[‡] 3-4 times per week • 1 CACFP center provides a vegetable[‡] less than once per week 	<ul style="list-style-type: none"> • This closes the loophole that allows centers to not serve a vegetable • This policy will institutionalize a good practice at many centers and ensure consistency across centers • Education and outreach will be required for compliance at some centers • Centers should be encouraged to serve an additional fruit or vegetable for snack • Barriers such as cost, storage space, and capacity to prepare vegetables must be considered

² The survey question asked respondents to exclude white potatoes of any kind, green beans, and dried beans.

D.C. Hunger Solutions - Attachment A, continued

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<i>Proposed Regulation</i>	<i>Relevant Findings from D.C. Hunger Solutions' Report of nutrition environment scans at 25 child care centers</i>	<i>Comments</i>
<p>373.4 Each facility shall limit the serving of:</p>		
<p>(a) Cereals with greater than six (6) grams of sugar per serving can only be served two times per month.</p>	<ul style="list-style-type: none"> • Not addressed directly 	<ul style="list-style-type: none"> • This regulation is needed since it will ensure that cereals served in child care with the DC WIC food package standards. • Education and outreach will be required for compliance.
<p>(b) One hundred percent (100%) fruit juice to no more than six (6) ounces and no more than one (1) serving per day. Juice shall only be provided to children eight (8) months of age or older, and shall not be provided in a baby bottle.</p> <p>No juice drinks or other beverages with added sweeteners, whether artificial or natural, shall be provided to children.</p>	<ul style="list-style-type: none"> • Only 3 centers (2 CACFP) serve juice 2 or more times per day • 15 centers (14 CACFP) serve juice less than once per day • Typical serving sizes not assessed • Ages and serving methods not assessed • 24 of the 25 centers (20 of 21 CACFP centers) rarely or never serve sugar-sweetened beverages • 1 center serves sugar-sweetened beverages less than once per month <p>Note: Frequency of serving artificially sweetened beverages not assessed</p>	<ul style="list-style-type: none"> • This regulation will institutionalize a good practice, ensure consistency across centers, and raise awareness of appropriate serving sizes. • Education and outreach will be required for compliance to all aspects of this regulation. • Compliance will probably not be an issue.
<p>(c) Sweet baked goods (cookies, donuts, cake, Danish, etc.) can be</p>	<ul style="list-style-type: none"> • Not addressed directly • 15 of the 25 centers (11 of 21 CACFP centers) rarely or 	<ul style="list-style-type: none"> • This regulation will help lower sugar consumption.

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<p>373.4 Each facility shall limit the serving of:</p>		
<p>served only once for breakfast and once for lunch in a two week period.</p>	<p>never serve sweet or salty snacks</p> <ul style="list-style-type: none"> 9 CACFP centers serve sweet or salty grain foods one to two times per week 	<ul style="list-style-type: none"> Education and outreach will be required for compliance and consistency across centers.
<p>(d) Fried or commercial pre-fried vegetables (French fried potato, tater tots) to once per two week period.</p> <p>Suggest changing text to:</p> <p>Fried or commercial pre-fried vegetables (French fried potato, tater tots) to once per two week period. two times per month.</p>	<ul style="list-style-type: none"> 5 CACFP centers serve fried or pre-fried meats at least twice per week 10 other centers, including 8 in CACFP, serve fried or pre-fried meats once per week Only 3 centers rarely or never serve fried or pre-fried meats 	<ul style="list-style-type: none"> This is an area that needs to be addressed to improve nutritious eating. Education and outreach will be required for compliance and to ensure that centers replace fried and pre-fried meats with healthy alternatives. Text should be changed to make center implementation easier. Centers may require more funding to make this change.