

FROM STATUTE TO TAP in the Child and Adult Care Food Program

Following the Water Requirements in the Healthy, Hunger-Free Kids Act of 2010



<p>The Child Care Law</p>	<p>Participating child care centers and family or group day care homes shall make available to children, as nutritionally appropriate, potable water as an acceptable fluid for consumption throughout the day, including at meal times. S.3307, Section 221: available at https://www.govtrack.us/congress/bills/111/s3307/text.</p>
<p>The Child Care Regulation</p>	<p>This new provision requires child care centers, family day care homes, at-risk afterschool programs, and shelters participating in Child and Adult Care Food Program (CACFP) to make drinking water available to children. Throughout the day, including at meal times, water should be made available to children to drink upon their request, but does not have to be available for children to self-serve. While drinking water must be made available to children during meal times, it is not part of the reimbursable meal and may not be served in lieu of fluid milk. CA CACFP 20-2011: available at https://www.fns.usda.gov/sites/default/files/CACFP-20-2011.pdf.</p>
<p>Monitoring Water in Child Care</p>	<p>United States Department of Food and Agriculture’s Food and Nutrition Service monitoring guidebooks for day care homes and child care centers suggest: “During your review, you should encourage providers to serve water with snacks when no other beverage is being served, and instead of other high calorie, sweetened beverages (juice drinks, soda, sports drinks, etc.) that are served outside of meal times. If you find that drinking water is not available to children, this would result in a finding.” Guidebook is available at https://www.fns.usda.gov/cacfp/cacfp-handbooks.</p>
<p>Offer and Serve</p>	<p>Child care centers and day care homes can make water available to children in a variety of ways, including having cups available next to the kitchen sink faucet, having water pitchers and cups set out, or simply providing water if it should be requested.</p> <p>Offering water means asking the children whether they would like water at different times throughout the day. For very young children, this may require visual cues such as showing the cup or pitcher while verbally offering the water. CACFP 20-2016: available at https://www.fns.usda.gov/sites/default/files/cacfp/CACFP20_2016os.pdf. <i>The requirement to offer children water takes effect on October 1, 2017.</i></p>

Coordinated by the Nutrition Policy Institute, University of California, Division of Agriculture and Natural Resources

FOUR BEST PRACTICES

MAKE SURE YOUR WATER IS SAFE

AND LET THE PARENTS KNOW



MAKE WATER READILY AVAILABLE



OFFER WATER

REQUIRED BY OCTOBER 1, 2017



PROMOTE WATER

Potter the Otter Loves to Drink Water
A la Nutría Potter le encanta tomar agua

A cartoon otter character named Potter is holding a white water cup with a yellow straw. The background is blue with a sunburst pattern.

rethink YOUR DRINK

Potter the Otter's Tips:

- 1 Drink water when you are thirsty
- 2 Limit 100% juice to 4-6 oz. per day
- 3 Serve water or lowfat milk at meals and snack times

Consejos de la Nutría Potter:

- 1 Toma agua cuando tengas sed
- 2 Limita el jugo 100% natural a 4-6 onzas por día
- 3 Sirve agua o leche baja en grasa con las comidas y bocadillos

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FOR EXAMPLE: POTTER THE OTTER



Water in Childcare Settings

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