

## Water

### Water should be offered:

- Upon request
- Based on Weather conditions (hot temperatures)
- After vigorous physical activity
- When there are many runny noses
- Between meals/snacks
- For children over 12 months.

At higher levels of quality, children should be able to get water independently.



## USDA




## Food components






### Food components should:






- Meet nutritional guidelines.
- Include milk, fruit, vegetable, grain, and protein components for lunch (see diagram on the side for other mealtimes).
- Include an additional grain such as a roll or bread if breaded nuggets or fish sticks are served.
- Substitute for allergy or dietary needs with equal nutritional value (ie. almond milk for cow milk allergy).
- Be offered at the same time.
- Not include any choking hazards.
- Supplement when children bring food from home to meet the guidelines.








## Required Meal Components

**Breakfast:**   

**Lunch:**     

**Snack:**     

(2 of the 5 groups)

Fruit or Vegetable      Milk      Bread or Grains      Protein

Please note: This resource was created in early 2025 based on the current ERSI guidelines. Resources will be updated as promptly as possible if guidance changes, but observation scores are always based on what is observed and the most recently-published sources.