

**WAC 110-300-0180 Meal and snack schedule.** (1) An early learning provider must serve meals and snacks to children in care as follows:

- (a) Meals and snacks must be served not less than two hours and not more than three hours apart unless the child is asleep;
- (b) Children in care for five to nine hours:
  - (i) At least one meal and two snacks; or
  - (ii) Two meals and one snack.
- (c) Children in care for more than nine hours:
  - (i) Two meals and two snacks; or
  - (ii) Three snacks and one meal.
- (d) After school snack, dinner, evening snack, and breakfast:
  - (i) A snack or meal must be provided to a child that arrives to the early learning program after school;
  - (ii) Dinner must be provided to children in nighttime care if a child is at an early learning program after their dinnertime, or has not had dinner;
  - (iii) An evening snack must be provided to children in nighttime care;
  - (iv) Breakfast must be provided to children in nighttime care if a child remains in care after the child's usual breakfast time; and
  - (v) A breakfast or morning snack must be available to children in care.

(2) At least once per day, an early learning provider must offer children an opportunity for developmentally appropriate tooth brushing activities.

- (a) Tooth brushing activities must be safe, sanitary, and educational.
- (b) Toothbrushes used in an early learning program must be stored in a manner that prevents cross contamination.
- (c) The parent or guardian of a child may opt out of the daily tooth brushing activities by signing a written form.

[Statutory Authority: RCW 34.05.020. WSR 24-19-056, s 110-300-0180, filed 9/13/24, effective 10/14/24. WSR 18-15-001, recodified as § 110-300-0180, filed 7/5/18, effective 7/5/18. Statutory Authority: RCW 43.215.070, 43.215.201 and chapter 42.56 RCW. WSR 18-14-079, § 170-300-0180, filed 6/30/18, effective 8/1/19.]