



Ohio Administrative Code

Rule 5101:2-14-11 Meal preparation/nutritional requirements for an in-home aide.

Effective: November 12, 2023

(A) What are the requirements for meals and snacks for a certified in-home aide (IHA)?

The IHA is to:

- (1) Provide nutritious, varied and appropriately timed meals and snacks for all children in accordance with parent's wishes as described in appendix A to this rule.
- (2) Serve food that is not a choking hazard, and that is developmentally appropriate in size, amount and texture.
- (3) Ensure that meals and snacks are served in the hours as described in appendix A to this rule, except when sleeping.
- (4) Serve only one hundred per cent, undiluted fruit or vegetable juice, if used to meet the fruit or vegetable requirement for meals and snacks. Other fruit or vegetable juice is permitted as a beverage alternative.
- (5) Ensure the parent obtains a physician's written instructions if administering a medical food to any child or if an entire food group is eliminated. When special diets are for cultural or religious reasons, the IHA is to obtain written, dated and signed instructions from the child's parent.
- (6) Ensure that any alternate diet, except if the diet is for religious, cultural or medical reasons as specified in paragraph (A)(5) of this rule, includes items from each of the following food groups: meat or meat alternative, grain, fruit/vegetable, fluid milk.
- (7) Ensure that all food, including milk (formula and breast milk for infants) is safely stored. If safe storage of milk is not available on routine trips or field trips, milk may be served at snack instead of at the meal. Potentially hazardous foods such as, but not limited to, milk, milk products, eggs, meat,



poultry, fish, cooked rice and baked or boiled potatoes are to be refrigerated at a temperature at or below forty degrees Fahrenheit.

(8) Ensure individual servings or individual packages of food or drink that have been served to a child are discarded or stored as instructed by the child's parent. Food or drink that is individually packaged and the package has not been opened may be stored in the home to be served again.

(B) What requirements for safe, independent self-feeding are to be implemented by an IHA?

The IHA is to ensure that:

(1) Food is not served on bare tables. Food for infants may be placed directly on an individual highchair tray if the tray is removed, washed and sanitized.

(2) Eating utensils and dishes are suitable for the age and developmental level of the children.