



## Department of Early Education and Care

THE COMMONWEALTH OF MASSACHUSETTS

### Family Child Care Licensing

#### **POLICY STATEMENT: Required USDA Nutrition Guidelines and Choking Hazard Training for Family Child Care**

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Regulation 7.12(2)(a-b) requires that all educators receive basic training in USDA nutrition guidelines and food choking hazards. While CPR training does touch upon choking, it does not deal specifically with food hazards, and therefore does not meet the regulatory requirement of 7.12(b) by itself. There is currently no formalized training solely on this topic, so Family Child Care educators may meet the requirements of this regulation in different ways:

1. If a Family Child Care Educator belongs to a food program, the training they receive from the food program (which includes choking hazards) meets the requirements of regulation 7.12(2)(a-b).
2. The United States Department of Agriculture (USDA) has compiled food safety and general nutrition information targeted at Child Care Educators, which can be found at <http://teammnutrition.usda.gov/childcare.html>

Within the aforementioned materials are specific resources on:

#### **Nutrition Guidance for Child Care Homes**

<http://teammnutrition.usda.gov/Resources/nutritioncount.html>

#### **Menu Planning for Child Care**

<http://teammnutrition.usda.gov/Resources/menumagic.html>

#### **Choking Prevention:**

<http://teammnutrition.usda.gov/Resources/feedinginfants-ch9.pdf>

Family Child Care Educators can review the choking prevention information on the USDA website, documenting the date that they have done so. That documentation should be kept with the Educator's professional development information.

3. The National Food Service Management Institute (NFSMI) has a free online training called Serving Adequate Foods in Child Care that can be accessed at: <http://www.nfsmi.org/Templates/TemplateDefault.aspx?qs=cEIEPTIzNg>
4. Family Child Care Educators can attend a nutrition training that covers choking hazards and keep documentation of that training with their professional development information.

**NOTE: This training can be counted for 1 hour of professional development for the purposes of EEC licensing requirements.**