



Ohio Administrative Code

Rule 5180:2-14-11 Meal preparation/nutritional requirements for an in-home aide.

Effective: July 1, 2026

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

The IHA is to:

- (1) Offer nutritious, varied and appropriately timed meals and snacks.
- (2) Offer food from the basic five food groups: protein, grains, fruits, vegetables and dairy.
 - (a) Breakfast consists of food from three of the five basic food groups.
 - (b) Meals consist of food from five of the basic food groups.
 - (c) Snacks consist of food from two of the five basic food groups.
- (3) Offer food that is not a choking hazard, and that is developmentally appropriate in size, amount and texture.
- (4) Offer food to ensure that no child goes more than four hours without at least a meal, except when sleeping.
- (5) Offer milk based on parental preference.
- (6) Offer 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.
- (7) 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 or alternative diets are for cultural, religious, or medical reasons, the IHA is to obtain written, dated and signed instructions from the child's parent.
- (8)
- (9) 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.
- (10) 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.



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(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.