



Ohio Administrative Code

Rule 5180:2-9-20 Food and nutrition.

Effective: August 13, 2026

(A) How many meals does a residential facility provide each day?

A residential facility is to make available or make provision for each child to have available three nutritious meals per day scheduled at regular intervals. If more than four hours elapse between any two meals or if fourteen hours elapse between the evening meal and breakfast, a nutritious snack is to be served.

(B) What is the standard to follow regarding food served to a child in a residential facility?

The resident's daily allowance of food is to meet the most recent dietary guidelines for Americans published by the food and nutrition information center of the United States department of agriculture (USDA). The most current guidelines can be accessed at <https://www.dietaryguidelines.gov>.

(C) Is there a standard for meat?

All meats served by the facility subject to inspection are to be inspected and graded by the federal or state department of agriculture.

(D) Is milk required in the daily diet?

A minimum of three daily servings of pasteurized milk, vitamin D fortified, are to be provided or made available in recommended amounts according to each child's age and sex.

(E) If a facility operates a farm or dairy, what rules apply?

A residential facility is to document that all agricultural, livestock, or dairy operations maintained by the facility conform to all applicable regulations adopted by the department of agriculture and the department of health.

(F) What are the requirements for menus in a residential facility?

Each children's residential center (CRC) is to prepare menus at least one week in advance. Cycle menus, if used, are to be at least three weeks long.

(G) How does a residential facility respond to a child's medical or religious dietary needs?

A residential facility is to accommodate and not to interfere with documented medical dietary needs or restrictions or religious dietary restrictions of an individual child.

(H) Are meals for staff different from meals for children in the residential facility?



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Meals provided by a residential facility for direct child care staff are to be the same as those provided for the children unless staff has a documented dietary restriction.

(I) How is infant formula handled in a residential parenting or crisis care facility?.

Formula for an infant prepared by or in a residential parenting facility or a children's crisis care facility is to be prepared in accordance with the instructions of the formula or by the techniques recommended by the attending physician which is to be on file at the facility.

(J) How is infant formula or breast milk preparation equipment cleaned in a residential facility?

Before preparing formula or breast milk for an infant, all equipment used in the preparation and storage of the formula or breast milk is to be thoroughly washed with hot water and detergent followed by a thorough rinsing in hot running water.

(K) How should infant formula or breast milk be labeled when stored in a residential facility?

Formula or breast milk for an infant to be stored at the facility for any period of time is to be labeled with the child's name and date of preparation

(L) How long can infant formula or breast milk be stored after preparation in a residential facility?

Formula or breast milk for an infant is to be refrigerated immediately after preparation and is not to be used more than twenty-four hours after preparation. The timeframe for use after preparation may be longer than twenty-four hours if directed by a physician or as documented in the instructions of the formula. The timeframe is not to be extended beyond the physician's recommendation or the instructions of the formula.

(M) Can breast milk or formula be heated in a microwave?

Formula nor breast milk for an infant is not to be heated in a microwave oven.

(N) Are parenting youth permitted to breastfeed?

Parenting youth are permitted to breastfeed, but the facility cannot require a youth to breastfeed.