**Section 402.10 Nutrition and Meals**

a) The foster home shall provide at least three balanced meals per day in quantities sufficient to meet the recommended dietary allowances for nutritional needs of children. The time span between meals shall not be greater than 14 hours (overnight).

b) Food products from home-raised animals shall meet the standards of the Departments of Agriculture and Public Health.

c) When a physician has prescribed a special diet for a child, the home shall provide the special diet.

d) The foster home shall consider the child's nutritional needs in relationship to the sex, age, religious beliefs and cultural background of the child.

e) Meals served to children shall be substantially the same as those served other family members unless a variation based on medical needs or religious beliefs is required.

f) Meals shall be served in an unhurried manner, under clean and sanitary conditions.

g) Children shall be encouraged to eat the food that is served, but shall not be subjected to coercion or forced feeding.

h) Children may be allowed to assist in meal preparation under adult supervision.

(Source: Renumbered from Section 402.9 at 7 Ill. Reg. 3439, effective April 4, 1983)