To ensure that snack and meals times are structured and used as learning opportunities for children, MAHS direct service providers will develop procedures to ensure meals and snack include:

- Children and adults sitting at the table and eating the meal or snack together in the classroom or group socialization space;
- Programs making serving dishes and utensils available on the table so all present can serve themselves;
- Children and adults sitting together to pass and serve food and drink;
- Adults encouraging, but not forcing, the children to help themselves to all food components offered at the meal;
- Adults assisting and supporting children so that children can eat an adequate amount of food to promote growth and prevent hunger;
- Adults eating the same food items that are served to children because they meet nutrition standards;
- Children and adults engaging in pleasant mealtime conversation;
- Adults informally modeling appropriate eating behaviors;
- Adults providing extra assistance and time to children who are slow eaters;
- Direct service providers making special accommodations for children who cannot have the food that is being served (i.e. food allergies and/or religious practices of the family); and
- Children being involved in activities such as setting the table, scraping dishes, and cleaning tables and floors.