
	DHS, Early Head Start Childcare Partnership Program Policy		
NUTRITION 1			
SUBJECT	Identification of Nutritional Needs		
REFERENCE	Nutrition Services		
EFFECTIVE	8/1/2016		
Policy Council Approval: 7/25/17	Policy Council Revision: 7/25/17	Governing Body Approval: 9/28/17	Governing Body Revision: 9/28/17
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Policy:

Early Head Start – Child Care Partnership (EHS-CCP) staff will use the EHS-CCP Program Nutrition Assessment Form to identify information on family eating patterns, including cultural, religious, ethnic, and personal food preferences, and special dietary requirements for each child with nutrition-related health problems.

- Meals and snacks provided are 2/3 of the child’s daily nutritional needs and conform to appropriate USDA requirements.
- Serve, children who have not received breakfast upon arrival at the program a nourishing breakfast no matter the arrival time of the child.
- Food allergies and intolerances that require special dietary considerations must be diagnosed by a healthcare professional and documented on a signed statement before child enters program.
- A parent’s declaration of a religious or personal preference for their child’s dietary restrictions must provide a written statement indicating child’s food restrictions. Service provider will make accommodations for food substitutions.
- For individual children with special medical or dietary needs, substitutions/modifications can be made in meal patterns without approval from the USDA/CACFP program if a supporting statement signed by a healthcare professional is on file. Supporting statement should specify how each child’s diet is restricted and which foods provided by the program or the parents must be substituted.

EHS-CCP staff in collaboration with the Service Providers will develop a system to:



- Identify and provide necessary substitutions for a child’s meal once a doctor’s note has been provided. All formula for infants/toddlers whether they require special dietary accommodations will be provided for all EHS-CCP families through the program.
- Identify and address major community nutritional issues, as indicated in the Community Assessment and parent survey and shared at the Health Advisory Committee or by the local health department.

- Identify and address any relevant nutrition-related child assessment data, including nutrition-related health problems such as obesity, iron deficiency, failure-to-thrive, food allergies and food intolerances and any other condition requiring special dietary considerations (e.g., diabetes).
- Share relevant individual child nutrition-related information with appropriate teaching staff.
- Identify appropriate professionals, such as physical therapists, speech therapists, occupational therapists, nutritionists or dietitians for consultations on ways to assist staff and families, working with children with disabilities or nutrition related concerns.

The current weekly menu must be posted at all times on the parent board in the classrooms.

Performance Standard:

[1302.31 \(e\)\(2\); 1302.42 \(b\)\(4\); 1302.44](#)

	DHS, Early Head Start Childcare Partnership Program Policy		
NUTRITION 2			
SUBJECT	Outside Food & Adult Meals		
REFERENCE	Nutritional Services		
EFFECTIVE	8/1/2016		
Policy Council Approval: 7/25/17	Policy Council Revision: 7/25/17	Governing Body Approval: 9/28/17	Governing Body Revision: 9/28/17
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Policy:

To ensure the nutritional needs and safety of all Early Head Start – Child Care Partnership (EHS-CCP) Program children are met, only food on the approved menu is allowed during EHS-CCP meal service.

Exceptions will only be allowed and must be accompany by a doctor or parent note indicating medical, religious or personal dietary need of child. The Head Start Administrator may grant permission in certain cases for outside food or drinks.

Due to food allergies and intolerances, Service Providers will ensure that each child’s health and safety, is maintained during meal service by developing a communication system to share relevant individual child nutrition-related information with appropriate staff.

Classroom Staff and Volunteers:

Any adults, including teachers, teacher substitutes, parents/guardians and/or volunteers, participating during Family Style Meals including breakfast, lunch, and snack, must share the same meals as the children, free of charge. This includes field trips and other EHS-CCP related activities.

No outside food or drink is allowed in the classroom per USDA/ CACFP guidelines. Staff and volunteers will only drink what is available for the children by utilizing the same type and size of cups during meal times and/or clear water bottles throughout the day. The Head Start Administrator may grant permission in certain cases for outside food or drinks.

Class Parties and Celebrations:

Service providers will follow Texas Department of Family and Protective Services Child Care Licensing and USDA/CACFP guidelines in regards to birthday celebrations and outside food. Staff should promote healthy eating habits, ensure that all children receive a nutritious and balanced diet, and accommodate children with food allergies and/or intolerances, and/or other dietary restrictions.

Performance Standard:

1302.31 (e)(2);1302.44;1302.47(7)(vi)

Related Policies:

Education 15 Family Style Meal