
		<b>DHS, Head Start Program Policy</b>			
<b>NUTRITION 1</b>					
<b>SUBJECT</b>		Nutrition Services			
<b>REFERENCE</b>		Nutrition Services			
<b>EFFECTIVE</b>		6/15/2011			
<b>Policy Council Approval: 7/25/17</b>		<b>Policy Council Revision: 7/25/17</b>		<b>Governing Body Approval: 9/28/17</b>	
				<b>Governing Body Revision: 9/28/17</b>	
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**Policy:**

Education Service Providers will develop and implement procedures to ensure each child’s nutritional needs are identified, feeding requirements are accommodated, and special dietary needs are culturally and developmentally appropriate.

At a minimum, procedures should include:



- Meals and snacks provided are 1/2 to 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.
- Food allergies and intolerances that require special dietary considerations must be diagnosed by a healthcare professional.
- A parent’s declaration of a food allergy will be accommodated by the program.
- Children with special medical or dietary needs, substitutions/modifications can be made in meal patterns without approval from the USDA if a supporting statement signed by a healthcare professional is on file.
- Ensure safe drinking water is available during the program day.
- Provide learning opportunities at snack and meal times.
- Use the Head Start Child Health History form and the Nutrition Assessment form to identify child’s nutritional needs.
- Share relevant individual child nutrition-related information with appropriate teaching staff, wherever food is served, and post individual child food allergies.
- Post the current daily menu.

**Performance Standard(s):**

1302.31(e)(2); 1302.42(b)(4); 1302.44; 1302.47(b)(vi)

**Reference:**

[USDA7 CFR 210](#), [USDA7 CFR220](#), [USDA7 CFR226](#)

		<b>DHS, Head Start Program Policy</b>			
<b>NUTRITION 2</b>					
<b>SUBJECT</b>		Outside Food & Adult Meals			
<b>REFERENCE</b>		Nutrition Services			
<b>EFFECTIVE</b>		6/18/2014			
<b>Policy Council Approval: 7/25/17</b>		<b>Policy Council Revision: 7/25/17</b>		<b>Governing Body Approval: 9/28/17</b>	
				<b>Governing Body Revision: 9/28/17</b>	
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**Policy:**

Education Services Providers will develop and implement procedures to ensure the nutritional needs and the safety of all children. Procedures should include a communication system to share relevant individual child nutrition-related information with appropriate staff. Food not on the approved menu is not allowed during Head Start meal service which includes field trips and other Head Start related activities. The only allowable exceptions to the approved menu are accommodations/substitutions approved by the school district food and nutrition program.

**Classroom Staff and Volunteers:**

Any adults, including teachers, teacher assistants, parents/guardians and/or volunteers, participating during breakfast and lunch must share the same meals as the children, free of charge. This includes field trips and other Head Start related activities.

**Class Parties and Celebrations:**

Education Service Providers should follow district policies and procedures 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(s):**

1302.42(b) (4); 1302.44(a)