

Heading: CHILD NUTRITION	P.S.# 1304.23	Rev. 8/10/2004
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Purpose: Head Start must design and implement a nutrition program that meets the nutritional needs and feeding requirements of each child, including those with special dietary needs and children with disabilities. Head Start must ensure that nutritional services contribute to the development and socialization of enrolled children. Staff must promote effective dental hygiene among children in conjunction with meals.

1) Children with a Nutritional Risk

- a) Cooks and/or food contractors will be notified of nutritional needs or documented food allergies by the Health Team.
- b) All doctor diagnosed food allergies will be posted in the roll, on the bus with child release information, and on the inside of a cupboard door in the kitchen to provide privacy of the child and their family.

2) Meals within the Center

Teaching teams will participate in meals by:

- a) Washing hands and modeling sanitation
- b) eating with the children and guiding socialization
- c) modeling appropriate dining behavior, and a positive attitude towards all foods
- d) ensuring that meal times are observed
- e) ensuring that all meal components are available at the same time during the meal
- f) modeling appropriate portion sized by serving themselves child sized portions
- g) allowing the children to serve themselves
- h) encouraging the children in assembling their own meals, not doing it for them
- i) encouraging a small portion of each food item on the plate
- j) not forcing children to take a 'no thank you' bite
- k) never using food as a reward or punishment
- l) helping children recognize when they are full

Slow eaters

- m) allowing each child time to finish eating, even if this exceeds the meal time
- n) allowing children who finish early to start another activity
- o) removing other dishes and plates for return to the kitchen except for those utilized by the slow eater

3) Disposal of food:

- a) Remaining food purchased by USDA funds may not be re-served to the children. SUU Head Start staff may use remaining food for non-edible food experiences in the classroom or for staff snacking. Remaining food must be disposed of at the end of each day and is not to be left in the refrigerator. Staff agrees to hold SUU Head Start, Southern Utah University and the State of Utah harmless for any illness due to eating the remaining food. In the event that staff desire to send home remaining food to a family, the family must sign a waiver holding SUU Head Start, Southern Utah University and the State of Utah harmless for any illness due to eating of remaining food.

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b) Food disposed of must be in a covered garbage can and removed from the premises daily.

4) Meal count notification:

a) Family Advocates will notify the kitchen staff no less than two hours before a meal is served how many people will be eating.

b) If the kitchen staff is notified in less than that time:

i) adults who are not reported will not have a meal

ii) For a child who is not reported, an adult will give up their meal

5) Oral health:

a) Staff members are encouraged to model tooth brushing by brushing after one meal each day and will swish with water when facilities for brushing are unavailable.

b) Children are given the opportunity to brush teeth after at least one meal a day.

6) Sweet Treats

a) Teachers and advocates will encourage parents who want to provide treats for the children on special occasions, to provide something that is not a sugary treat.

Alternative may include:

i) Play dough

ii) Pencils

iii) Small containers of raisins, dried fruit, etc

iv) Other foods that are purchased commercially and not high in sugar.

b) Parents wanting to provide a sugary treat must purchase the food and bring it in the original packaging.

c) Parents wishing to make a treat must utilize the Head Start center kitchen with supervision from a staff member who holds a current Food Handler's Permit. Arrangements for use of the kitchen will be made with the on-site cook where applicable.