

CHILD NUTRITION

Subject: Nutrition Services

Policy Council Approval: 8/30/22

ESC Board Approval: 8/31/22

Policy: The Region 9 Head Start program works with families to identify the nutritional needs of children. Each Head Start site will ensure that the nutritional standards are implemented. The Region 9 Head Start program will provide assistance to families in both food preparation and nutritional awareness throughout the year.

Related Regulations: 1302.44

Operational Procedures:

1. Staff and families communicate regularly to identify each child's nutritional needs. Communication may take the form of such things as parent conferences, home visits, parent meetings, and/or telephone contact. Information gathered may include:
 - a) Any relevant nutrition-related assessment data (height, weight, hemoglobin/hematocrit obtained)
 - b) The Head Start Health and Nutrition History is completed at the time of the child's enrollment to obtain information about family eating patterns, including cultural preferences, special dietary requirements for each child with nutrition-related health problems, and the feeding requirements of each child with disabilities
 - c) Families will also discuss with staff their child's nutritional status, including the importance of physical activity, healthy eating, and the negative health consequences of sugar-sweetened beverages. They will also discuss how to select and prepare nutritious foods that meet the family's nutrition and food budget needs
 - d) The times that children will be allowed to bring in outside food include:
 1. Religious Preferences – requires written family statement
 2. Medical Condition – requires note from physician
 3. Special Occasion – requires principal approval
 - e) A written statement (uploaded in the Health section as an attachment in Child Plus) from a family stating religious preferences for serving identified foods will be honored by the site. A suitable substitution will be made by the district food services staff for the child on days when the identified food is served
 - f) A doctor's written statement will be accepted for children with special dietary requirements. A copy of this statement (uploaded in the Health section as an attachment in Child Plus) with the original going to the Cafeteria/Nutrition Manager at each site. Suitable substitutions will be made for the child, upon completion of district required paperwork and consultation with nutrition staff
 - g) Food brought for special occasions will need approval from the principal (ex: food brought for parties and/or parent joining child for lunch)
 - h) For food allergies, the program must post individual child food/environmental/medication allergies prominently where staff can view wherever food is served and in other applicable locations
 - i) The program hires staff or consultants, as content area experts, to oversee and support nutrition services who are registered dietitians or nutritionists.

2. Staff will receive training on the prevention and response to emergencies due to food and allergic reactions and to ensure that food is handled and prepared utilizing basic food sanitation procedures.
3. Parent education activities include opportunities to assist families with meal planning, nutritional activities, and overall healthy eating
4. The Family Partnership Agreement, Goals, and Outcomes Assessment process identifies families that need assistance with food, including WIC. Staff educate families on methods to pursue to meet these needs
5. Community Partners will be used to assist with parent training on overall healthy nutrition practices
6. All food service vendors are licensed in accordance with state and local laws, at the district level

CHILD NUTRITION

Policy Council Approval: 8/30/22

Subject: Nutrition Service Requirements

ESC Board Approval: 8/31/22

Policy: The Region 9 ESC Head Start program ensures that nutritional services in all Head Start sites contribute to the development and socialization of enrolled children.

Related Regulations: 1302.44

Operational Procedures:

1. The program ensures that nutritional services at each site contribute to the development and socialization of enrolled children by providing that:
 - a) Each child will receive meals and snacks that provide two thirds of the child's daily nutritional needs to meet the requirements of our seven-hour program day
 - b) Children will be served meals and snacks that conform to USDA requirements and are high in nutrients and low in fat, sugar, and salt
 - c) A variety of food is served which broadens each child's food experiences
 - d) Food is not used as punishment or reward, and each child is encouraged, but not forced, to eat or taste his or her food
 - e) Sufficient time is allowed for each child to eat, approximately 20-25 minutes.
 - f) All children and staff, including volunteers, eat together family style and share the same menu to the extent possible
 - g) Prior approval (special occasions only) must be obtained for outside food to be brought
 - h) If dietary concerns still arise and proper documentation (doctor's note) is obtained stating that the child needs to bring food from home (unless it is an approved special occasion) the child will still be provided with appropriate meals and snacks to ensure that two thirds of the child's daily nutritional needs are met for our seven-hour program day.
 - i) Food brought from home must be: ready to eat, not require cooking, and not require preparation from teaching staff
 - j) Food (with a manufactured visible expiration date) that is not opened may be kept in the classroom refrigerator until the last day of the week, regardless of expiration date.
**if there is no expiration date on the food it must be trashed at the end of the meal
***refrigerators must be cleaned out on Fridays of school provided food
 - k) Adult food that is stored in the classroom refrigerator must be clearly separated from the children's food
 - l) Ongoing conversations and promoting healthy eating habits will be observed
 - m) Safe drinking water will be made available to children during the day
 - n) Medically-based diets or other dietary requirements are accommodated
 - o) As developmentally appropriate, opportunity is provided for the involvement of children in food-related activities
 - p) Children who arrive after breakfast has been served will be served a nourishing breakfast
 - q) Children are routinely encouraged to try new foods
 - r) The program must use funds from USDA as the primary source of payment for meal services
 - s) Classroom staff will ensure that components of the Region 9 Head Start Nutrition Monitoring Tool are compliant

CHILD NUTRITION

Subject: Oral Health Practices

Policy Council Approval: 2/9/23

ESC Board Approval: 2/22/23

Policy: Head Start staff will promote effective oral health hygiene among children. The program will facilitate and monitor necessary oral health preventative care, treatment, and follow-up. This includes topical fluoride treatments.

Related Regulations: 1302.43

Operational Procedures:

1. Children will brush teeth, with toothpaste containing fluoride, at least one time per day while at school.
2. Sites that have established a lack of adequate fluoride available through the water supply must have necessary preventative measures in place. This will include increasing parent education regarding fluoride, educating parents regarding the fluoride level in their local water supply, referring parents to their dentist to address individual fluoride treatment needs. This will be in collaboration with and guidance from the Health Services Advisory Committee, which meets twice annually.
3. This will also apply to children identified as having moderate to severe tooth decay. The children identified with severe tooth decay will receive specific case management to ensure that fluoride treatment is addressed.
4. In the event that a parent declines the use of fluoride, parent will be educated on the use of fluoride and will be provided a Denial of Service form to document their request. ISD will be responsible for providing the appropriate toothpaste.