

Big Sandy Area C.A.P., Inc. – HEAD START
Program Policies and Procedures

Nutrition Activities

POLICY:

Teachers will provide developmentally appropriate opportunities for the involvement of children in nutrition education and food related activities.

- *This policy relates to Head Start Performance Standards 45 CFR Part 1302.31 & 1302.44*

PROCEDURE:

1. Teaching staff will incorporate nutrition education activities in the lesson plans that are developmentally appropriate for 3 to 5 year-olds.
2. Staff will access the internet for nutrition resources and activities. The Nutrition Manager is available if staff need guidance.
3. Food experiences will occur a minimum of one time per month and documented on the lesson plan. The activity will comply with guidelines of local health departments, the State Fire Marshall, and licensing regulations.
4. Non-food activities occur the weeks that a food experience does not. Nutrition, language, math, science, and other concepts should be included in the learning experience.
5. Nutrition activities will reflect Head Start and USDA nutrition guidelines to ensure that children are taught healthy food habits.
6. In any nutrition activity where food is going to be eaten raw, children must handle or touch only the food they will be eating. Food handled by children should never be placed in a community bowl for consumption.
7. Food or other supplies needed for food experiences and nutrition education activities should be requested/ordered through the Head Start delegate office.

Approved by the Policy Council, April 2017