

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

## Nutrition Services

### POLICY:

The program's nutrition component will be designed and implemented to meet the needs of each child.

- *This policy relates to Head Start Performance Standards 45 CFR Part 1302.31, 1302.40, 1302.41, & 1302.44*

### PROCEDURE:

1. Provide food which will help meet the child's daily nutritional needs in a pleasant environment, recognizing individual differences and cultural patterns.
2. Serve a variety of food which broadens each child's food experience.
3. **Provide safe drinking water throughout the program day.**
4. Provide an environment which will support and promote socialization and learning.
5. Provide learning and decision making experiences through participation in mealtime activities (i.e. setting table, preparing food, serving food, sampling unfamiliar foods, pouring milk/juice, cleaning up, etc.).
6. Provide opportunities for staff, children, and parents to learn and gain an understanding of the relationship between good nutritional habits and increased health and well-being. Demonstrate the interrelationship of nutrition to other activities of the program and child development goals.
7. Involve all staff, parents and community partners, as appropriate, in helping to meet each child's nutritional needs.
8. Adults help share children's attitude toward the acceptance of nutritious food and positive food attitudes by eating and socializing with the children at mealtimes.

*Approved by the Policy Council, April 2017*