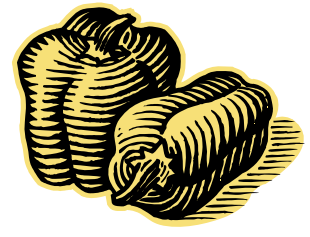




Nutrition



The Nutrition Program of Head Start/Early Head Start strives to provide nutritious meals to the children and to help them establish healthy eating habits at an early age. The philosophy and policy of the Nutrition Program is to serve foods that are low in fat, salt and sugar and that have a high nutritional value.

The menus are written using an approved eight-week cycle menu. The cycle menu is developed according to the guidelines set by Head Start and the Child and Adult Care Food Program (CACFP). Menus are distributed to families in the beginning of the school year. The calendar provided with the cycle menus consists of numbers inside boxes that correspond with the numbered days on the menu. For example, September 8, 2009 is "Day 7" of the cycle menu.

Families are invited and encouraged to share ideas regarding menu planning. Contact your classroom teacher or call the number at the bottom of the menu for more information.

Families are invited and encouraged to participate in Nutrition Activities. The classroom staff plans Nutrition Activities monthly such as field trips, cooking and tasting activities, dramatic play, songs, stories, etc.

Children enrolled in a half-day morning program will receive one-half (1/2) of their daily nutritional needs through a breakfast and lunch. Children enrolled in a half-day afternoon program will receive one-half (1/2) of their daily nutritional needs through a lunch and snack. Children enrolled in a full-day program will receive one-half to three-fourths (1/2 to 3/4) of their daily nutritional needs through breakfast, lunch and snack. The menu will be adjusted to accommodate the needs of any child with a medically documented food allergy, restriction or other modifica-

tion. All meals are served Family Style. Family Style is a type of meal service that allows children to serve themselves at the table from common dishes of food with assistance from supervisory adults. This type of meal service provides an environment for children to develop motor skills and coordination. It gives children opportunity for socialization and teaches them table manners. It also allows children to identify and to be introduced to new foods.

All foods served to children must be prepared by MVCAA food service staff in our kitchens that are inspected annually by the NYS Department of Health. All food served to children must be eaten at their Head Start/Early Head Start Center. **No food can be sent home with children, parents, staff, volunteers, etc.**

Menus for field trips and other special occasions must to be pre-approved by Nutrition Management.

Parents/Guardians are encouraged to volunteer in the kitchen and can fill in as a paid substitute once they become familiar with kitchen operations and have completed the necessary paperwork.

Parents/Guardians are informed of their child's nutritional status at least twice per year during teacher conferences.

Our program has the services of a Registered Dietitian Consultant available to children and families. These services are provided at no cost to families and are available by request and are offered to

families dealing with nutrition and health related concerns.

Speak with your child's teacher or call 733-4873 ext. 25 for more information.

