
	DHS Early Head Start Program Policy		
NUTRITION 1			
SUBJECT	Nutrition Services and Special Diets		
REFERENCE	Nutrition Services		
EFFECTIVE	8/1/2016		
Policy Council Approval: 7/26/16	Policy Council Revision: 4/23/19	Governing Body Approval: 9/19/16	Governing Body Revision: 5/23/19
PAGE: 1 of 2			

Policy:

Early Head Start (EHS) staff will use the EHS Program Nutrition Assessment Form to identify children's health needs, including cultural, religious, ethnic, and special dietary requirements for each child with nutrition-related health problems.

Service Providers will ensure that:

- Meals and snacks provided are 2/3 of the child's daily nutritional needs and conform to appropriate US Department of Agriculture (USDA)/ Child and Adult Care Food Program (CACFP) requirements.
- Home Based option- Appropriate healthy snacks and meals are provided to each child during group socialization activities.
- Upon arrival at the program children are served a nourishing breakfast no matter the arrival time.
- Food allergies and intolerances that require special dietary restrictions must be diagnosed by a healthcare professional and documented on a signed statement/ form before child attends the center.
- Food substitutions are made if a parent/ guardian's declaration of a religious or ethnic preference for their child's dietary restrictions is provided in a written statement indicating the child's food restrictions.
- All formula for infants/toddlers will be provided regardless of dietary restriction or alternate formula needed.
- For individual children with special medical or dietary needs, substitutions/ modifications can be made in meal patterns without approval from the USDA/CACFP program if a supporting statement signed by a healthcare professional is on file. Supporting statement should specify how each child's diet is restricted and which foods provided by the program must be substituted.

EHS staff in collaboration with the Service Providers will develop a system to:

Identify and provide necessary substitutions for a child's meal once a health care professional's note has been provided.

- Identify and address major community nutritional issues, as indicated in the Community Assessment and parent survey, and shared at the Health Advisory Committee or by the local health department.
- Identify and address any relevant nutrition-related child assessment data, including nutrition-related health problems such as obesity, iron deficiency, failure-to-thrive, food allergies and food intolerances and any other condition requiring special dietary considerations (e.g., diabetes). Provide resources/information as needed.
- Share relevant individual child nutrition-related information with appropriate center staff.
- Identify appropriate professionals, such as physical therapists, speech therapists, occupational therapists, nutritionists, or dietitians for consultations on ways to assist staff and families, working with children with disabilities or nutrition related concerns.



The current weekly menu must always be posted on the parent board in the classrooms.

Performance Standard(s):

1302.31 (e)(2); 1302.42 (b)(4); 1302.44

Reference:

USDA 7CFR 226.17

	DHS Early Head Start Program Policy		
NUTRITION 2			
SUBJECT	Outside Food & Adult Meals		
REFERENCE	Nutritional Services		
EFFECTIVE	8/1/2016		
Policy Council Approval: 7/26/16	Policy Council Revision: 5/24/22	Governing Body Approval: 9/19/16	Governing Body Revision: 8/4/22
PAGE: 1 of 2			

Policy:

To ensure the nutritional needs and safety of all Early Head Start (EHS) Program children are met, only food on the approved menu is allowed during USDA/CACFP meal service times.

Exceptions will only be allowed and must be accompanied by a Health Care Professional's note indicating medical, and/ or dietary needs of the child. A parent/ guardian's note will be accepted for religious/ ethnic dietary restrictions for the child.

Due to food allergies and intolerances, Service Providers will ensure that each child's health, safety, and confidentiality is maintained during meal service by developing a communication system to share relevant individual child nutrition-related information with appropriate staff according to Child Care Regulations in the Texas Health and Human Services Commission Minimum Standards

Classroom Staff, Parents/Guardians, and Volunteers:

Any adults, including teachers, teacher substitutes/ floaters, parents/guardian's and/or volunteers, participating during mealtimes including breakfast, lunch, and snack, must share the same meals as the children, free of charge. This includes field trips and other EHS related activities/ events. Any adult receiving food, paid for by the Program, must be involved in the meal with the students at some point during the scheduled meal service.

Staff and volunteers will only drink what is available for the children by utilizing the same type and size of cups during mealtimes and/or clear water bottles throughout the day.

Class Parties and Celebrations:

Service providers will follow Texas Health and Human Service Commission Child Care Regulations and USDA/CACFP guidelines regarding birthday celebrations and outside food. Staff should ensure that all children receive a nutritious and balanced diet and accommodate children with food allergies and/or intolerances, and/or other dietary restrictions.

Performance Standard:

1302.31 (e)(2);1302.44;1302.47(7)(vi)

Related Policies:

Education 14 Learning during Mealtime

Reference:

USDA 7CFR 226.17