

NESD HEAD START POLICY ON DONATED FOODS/TREATS FOR CENTERS AND HOME BASE

Northeast South Dakota Head Start promotes good nutrition for healthy growth and development of children and for the overall health of family members by providing meals, snacks and nutrition education in Centers and Home Base.

Because of concerns about food allergies (wheat, milk, nuts, soy, corn, etc.), communicable diseases, diabetes, dental decay and other health issues, only foods that are purchased by Head Start staff and prepared at Centers and Home Base groups will be provided in dining rooms and classrooms. Foods served must meet the Child and Adult Nutrition Services guidelines. Meal and snack menus must be pre-approved by the Health/Nutrition Manager or the Education Coordinator.

Special occasions, such as birthdays, are recognized at the Center and Home Base classrooms and anything used in that recognition will be provided by Head Start.

Since adults are role models for children, healthy food choices are recommended rather than foods high in sugar, fat or sodium. This reinforces the healthy snacks and meals provided in the classrooms.

Reviewed 10/21