

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

NESD Head Start promotes good nutrition for healthy growth and development of children.

Staff purchase and prepare foods onsite.

- This policy is due to food allergies (wheat, milk, nuts, soy, corn, sesame, etc.), communicable diseases, diabetes, dental decay and other health issues.
- Foods served meet the Child and Adult Care Food Program guidelines.
- The Nutrition Manager or the Education Coordinator approve menus.

Head Start does not accept donated foods or snacks from families for special occasions such as birthdays or holidays. Non-food items are encouraged if a family wants to provide an item (pencils, stickers, etc.).

Staff are role models for children. Staff give positive messages about new foods.

- Encouraging children to try healthy food choices helps children explore new foods.
- It may take 10 or more “tastes” before a child decides to like a new foods.