


<b>Performance Standard:</b>	<b>Part 1302 - Subpart D Health Program Services</b>	<b>INCA Community Services</b> <b>Head Start &amp; Early Head Start Policies and Procedures</b> 
<b>Sub Category:</b>	<b>1302.44a Child Nutrition</b>	
<b>PC Approval Date:</b>	9/2018	
<b>GB Approval Date:</b>	8/2018	
<b>Handouts:</b>	Overweight, Read the Label on Snacks, Cereals lower in added sugars	
<b>Responsible:</b>	Nutrition Manager, Education Manager, Teaching staff	
<b>Nutrition Education for Children</b> <b>Parent Involvement in Nutrition</b>		
<b>Policy</b>		
INCA ensures that nutritional services in center-based settings contribute to the development and socialization of enrolled children by providing that as developmentally appropriate, opportunity is provided for the involvement of children in food-related activities.		
INCA encourages parents to participate in nutrition activities and education.		
<b>Nutrition Education for Children</b>		
<ul style="list-style-type: none"><li>• Classroom Teaching staff and/or Food Service staff discuss the menu with children prior to each meal.</li><li>• Classroom staff teach nutrition education activities through food experiences, cooking activities, books, puzzles, games, puppets and other educational media.</li><li>• INCA’s nutrition education topics covered include, but are not limited to the following topics:<ul style="list-style-type: none"><li>○ Manners</li><li>○ Hand-washing and hygiene</li><li>○ Where food comes from</li><li>○ Colors, shapes, and textures of food</li><li>○ Food safety and nutrition</li></ul></li><li>• Teachers document nutrition education on monthly lesson plans.</li></ul>		
<b>Parent Involvement in Nutrition</b>		
<ul style="list-style-type: none"><li>• INCA encourages parents to participate in nutrition activities such as:<ul style="list-style-type: none"><li>○ Helping prepare meals in the classroom,</li><li>○ Given opportunity to provide input or menus,</li><li>○ Contributing recipes of their child’s favorite foods and/or cultural recipes,</li><li>○ Working with groups of children on cooking projects,</li><li>○ Making materials for nutrition learning activities,</li><li>○ Collecting appropriate food packages and other props to be used in role-playing activities,</li></ul></li></ul>		

- Supervising the children during meal time,
  - Conferring with caregivers or teachers about feeding problems,
  - Placing recipes on displays or helping develop nutrition-related bulletin boards,
- INCA encourages such parent participation by means of verbal and/or written communication.
- Parents are given a newsletter and information on nutrition including a WIC and Building for the Future fact sheet annually.
- A monthly newsletter is given to all parents on nutritional values.

#### **Definitions/Acronyms**

INCA - Head Start and Early Head Start programs  
HS - Head Start program  
EHS - Early Head Start program  
WIC - Women, Infants and Children Nutrition Program

#### **Dissemination of Policy**

The policy will be made available to all Head Start employees through the agency's website @ [www.incacaa.org](http://www.incacaa.org). The agency will educate and train applicable employees and supervisors regarding the policy and any conduct that could constitute a violation of the policy.