

## Identifying Individual Nutrition Needs

**Policy:** Every enrollee's nutritional status and needs will be assessed and addressed as needed.

**Procedure:**

- During enrollment, parents will complete a Nutrition Record with assistance from staff to identify their child's diet-related habits and needs, such as allergies or intolerances.
- The Health Professional will review each Nutrition Record and Health History to identify any potential nutrition needs for a child while at Head Start and work with parents and staff to plan for any dietary modifications.
- Adaptations will be made to meet the ever-changing range of children's developmental needs and skills. Current feeding schedules, as well as types and amounts of foods, will be taken into consideration for infants and toddlers.
- Opportunities to learn more about nutrition and how to plan and prepare healthy family meals will be provided to parents throughout the year.
- Information and referrals to outside agencies selected by the Management Team will be sent to pregnant women and parents of children who have been identified through enrollment paperwork as having a potential nutrition concern, such as a poor appetite, picky eating, unbalanced diet, to be presented at the first conference.
- The Nutrition Consultant will conduct a comprehensive review of each child's nutrition status and tailor an individualized recommendation that will be shared with each family at year-end conferences.

This policy complies with Head Start Performance Standard 45CFR Sections 1304.23, 1304.40, and 1304.41.

Approved by the Policy Council on February 16, 1999.

Revision Approved by Policy Council on 3-22-2005.

Revision Approved by Policy Council on 2-10-2016.