

Nutrition Education and Meal Planning for Home-Base Sites

Policy: Nutritious meals and snacks will be provided to children and their families participating in activities in the home.

Procedure at all sites:

- Parents will be given opportunities to learn more about nutrition and how to plan and prepare healthy family meals.
- All meals and snacks served in the home, on field trips, and at socializations and parent meeting must conform to current meal patterns put forth by the USDA Child and Adult Care Food Program (CACFP).
- Nutrition education opportunities may include preparing meals and snacks in the home.
- Any pre-cooked foods that are served must be rapidly reheated to an internal temperature of at least 165°.

On Home Visits for Preschool Home Base and Combination Sites:

- Lead Educators will plan and provide a healthy snack for each home visit.
- Proper hygiene will be promoted and practiced by washing hands before eating a snack and brushing teeth afterwards.

This policy complies with Head Start Performance Standard 45CFR Section 1304.23.

Approved by Policy Council 3-22-2005.

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