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.
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