



ECONOMIC IMPROVEMENT COUNCIL

Head Start Program Nutrition/Volunteer Services

Our program focus is on helping the family and centers personnel meet their responsibilities in ensuring that the children receive their total daily nutritional needs and by promoting physical, social, and emotional development of children during meal times.

Our program also provides a nutritious breakfast, lunch, and an afternoon snack to the children daily. We provide a variety of good food including cultural and ethnic foods that are served each month. We have family style meals where the children help set the table, pick up their plates and clean up after each meal. Children receive foods that are appropriate for his or her nutritional needs. If we have a child that has a special diet due to medical or religious reasons, we make changes to the menu to reflect that the child's nutritional needs are met.

In Head Start, food is never used as a punishment or reward. Every child is encouraged to taste and eat but never forced or punished to eat or for not eating. Slow eaters will be given enough time to eat and provisions for those with disabilities will be made. All children in the program, are allowed to have seconds on food and beverages.

We have a Nutrition Committee meeting, which is held in the months of November and March. Parents are encouraged to attend these meetings. Another way a parent can help in the nutrition area is to volunteer in the kitchen. Parents would receive training from the kitchen staff on what is required to be done. The requirements to volunteer is to have the Volunteer Orientation completed by the Lead Teacher, which is to be kept at the center, and to have a TB skin test done either by injection or chest x-ray within the last year. This also needs to be given to the Lead Teacher.

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