

 Policy #: CN-4	Effective Date: 6/22/10	Page #: 1 of 2
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COMPONENT: CHILD NUTRITION

SUBJECT: PARENT AND COMMUNITY INVOLVEMENT IN NUTRITIONAL SERVICES AND FAMILY ASSISTANCE WITH NUTRITION

PERFORMANCE OBJECTIVE: To ensure that parents and appropriate agencies are involved in planning, implementing, and evaluating the agency’s nutritional services.

To ensure that parent education activities include opportunities to assist individual families with food preparation and nutritional skills.

POLICY AND PROCEDURE:

Parents/Guardians, staff, and community partners, nutrition consultant, etc. will be provided opportunities for input and educational opportunities regarding nutritional services through a variety of means to include but not limited to the following:

- Involvement in the Health Advisory Committee
- Parent/Teacher conferences
- Parent Meetings/Trainings
- Annual staff training
- Referrals to community providers
- Parent Board
- Self-Assessment
- Community Assessment
- Specific educational input and preparation opportunities will be available upon request

Head Start will ensure nutrition education and activities are provided to parents/guardians and staff.

Menus have monthly nutritional cooking activities planned for joint involvement of the teachers, food service staff, and parents to work together in the educational opportunities for the children. Teaching and food service staff will ensure all food-related activities are aligned with nutrition education, and reinforce how the activity promotes nutrition education.