

 Policy #: CN-4	Effective Date:	Page #: 1 of 2
Ref #: 1302.40(b); 1302.41(a); 1302.46(a); 1302.46(b)(1)(ii)	Policy Council Approval Date:	

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 and promote children’s health and well-being in a linguistically and culturally appropriate manner.

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
- School Readiness Coalition
- Parent Meetings/Trainings
- Policy Council
- 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.

Health related activities are on a monthly lesson plan. In addition, kitchen staff will plan activities for staff and parents to work on together in the educational opportunity 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.