



Performance Standard	Action Steps	Person / Team Responsible	Time Frame	Documentation & *Resources
	<p>of well child care, and keeping appointments. Parents are supported and assisted (i.e. transportation) in making sure that children receive ongoing well child care. They are also informed about the various services their child may be eligible for under the Medicaid program.</p> <p>(C)The Child Health Record contains information to assure comprehensive medical and dental care to each child. The Health Coordinator uses a manual and a computer tracking system to assure each component of the health record is complete. The system is used to communicate with Family Service Coordinators who assist the families in obtaining child well care.</p>	<p>Health Coor., Family Service Coor.</p>		<p>*Health Service Tracking System</p>
	<p>(iii-iv)A growth assessment is completed for each child. Height/weight and age is graphed. Parents receive a copy of this assessment upon request or if an abnormal or suspect graph is evident. Children with an abnormal or suspect growth assessment may already be receiving services from WIC. Follow-up will be completed as needed.</p> <p>Children receive a vision screening. The screening is accomplished by trained staff and uncertain results are rescreened. A child with fail or suspect results is referred, following established procedures, to an optometrist for follow-up.</p> <p>A hearing screening is completed on each child by trained staff. Uncertain results are rescreened and fail or suspect results are referred to an ENT/Audiologist or physician for follow-up.</p> <p>A lead blood test will be completed by the child’s healthcare provider.</p>	<p>Health/ Nutrition Manager</p> <p>Health Coor., Education Coor.</p> <p>Health Coor.</p>		<p>*Growth Chart</p> <p>*Hearing/ Vision Screening Form *H/V Results Parent Letter</p>

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	<p>Children with a lab greater than 10 ug/dl will be monitored by their medical provider. Once appropriate referrals are made, if needed, Head Start staff is available to assist families in making and keeping scheduled appointments.</p> <p>(2)Not applicable as our program does not operate for shorter durations of 90 days or less.</p>			*Lead Lab Result
<b>(b)Screening for Developmental, Sensory and Behavioral Concerns</b>	(1-3)See Early Childhood Education for Developmental, Sensory and Behavioral Screening. Hearing and vision is screened within 45 days of the start of services	Health Coor. and Education Coor.		
<b>(c)Extended Follow-Up and Treatment</b>	<p>(1)Parents or guardians are present at the time of the health screening. They are informed of the results of the physical and dental examinations. The results of the vision, hearing, and growth assessment are given to them at the time of the physical examination. Lead blood results can be discussed if available from the child's physician. The Health Services Coordinator and Health/Nutrition Manager are available for consultation at the time of screening and/or by contacting the Head Start Office.</p> <p>Head Start encourages parents to prepare their child for medical and dental health care in the screening letter so the child is aware of what will take place at screening. When making a referral for further follow-up care, the parent is involved in every aspect of the process and paperwork, including release of information to allow communication between agencies.</p> <p>A health tracking system is used to ensure that ongoing follow-up is monitored. Appointments are set up when needed and transportation can be arranged.</p> <p>(2)Training for parents is offered at parent groups and educational pamphlets are available. The Health Services Coordinator is available to visit with</p>	<p>Health Coor., Family Service Coor., Health/Nutrition Manager, Education Coor.</p> <p>Family Service Coor.</p>	August	<p>*Dental and Medical Policy</p> <p>*Child Health Record</p> <p>*Screening Letter</p> <p>*Health Release of Information</p> <p>*Health Tracking System and</p> <p>*Reports to Family Service Coordinators</p>

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	<p>parents on a one-to-one basis concerning health issues regarding medication, equipment needs, etc. The Health/Nutrition Manager is also available to discuss growth (height, weight), eating issues and other nutrition concerns as requested by parents.</p> <p>(3)(i-ii)Following the initial dental examination, dental follow-up and treatment should include:</p> <p>Following the initial dental examination, Head Start <u>will</u> pay for the following services on all non-Medicaid, non-insured children(with prior approval):</p> <ul style="list-style-type: none"> <li>• Dental examinations</li> <li>• Intraoral Occlusal Film (PA-periapical) for diagnostic purposes</li> <li>• Bitewing radiographs for diagnostic purposes</li> <li>• Restoration of decayed teeth with amalgam (silver filling) or composites (white filling) as needed</li> <li>• Pulp therapy ( pulpotomy – root canal)</li> <li>• Topical Fluoride</li> <li>• Routine use of nitrous oxide, topical or injected Novacaine for dental exam and treatment</li> </ul> <p>Head Start <u>will not pay</u> for children who receive Medicaid or have private insurance. Head Start will <u>not pay</u> for the following services:</p> <ul style="list-style-type: none"> <li>• Panorex Radiographs</li> <li>• Prophylaxis (cleaning)</li> <li>• Space maintainers/Orthodontics</li> </ul>	<p>Health Coor., Family Service Coor., Health/ Nutrition Mgr., Business Mgr.</p>		<p>*Attendance Sheets</p> <p>*Dental/ Medical Policy</p> <p>*Estimates from dental providers</p>

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	<ul style="list-style-type: none"> <li>• General Anesthesia</li> <li>• Hospital/Surgical center fees including rooms, supplies and medications</li> <li>• Sealants</li> <li>• Crowns or Caps</li> <li>• Six month routine follow-up</li> <li>• Mileage associated with dental treatment</li> </ul> <p>(4)When medical issues are apparent, the Health Services Coordinator will work closely with other Head Start Service Managers and agencies in the assessment process for follow-up to assure that the individual needs of the children on the Individual Education Plan (IEP); Individual Family Service Plan (IFSP) and Individual Care Plan are met.</p> <p>Following the initial physical examination, Head Start <u>will</u> pay for the following services on all Non-Medicaid, Non-insured children(with prior approval):</p> <ul style="list-style-type: none"> <li>• Well Child Physical Exam</li> <li>• Initial office visit for referrals made by Head Start regarding vision, hearing and physicals</li> <li>• Lead blood test, if not already completed at 24 months of age.</li> </ul> <p>Head Start will <u>not pay</u> for the following services:</p> <ul style="list-style-type: none"> <li>• Immunizations</li> <li>• Mileage associated with medical treatment</li> </ul>	<p>Health Coor., Head Start Mgrs.</p>		<p>*Physical Form, IEP, IFSP, Individual Care Plan</p>

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	<ul style="list-style-type: none"> <li>• Assistive devices (glasses, hearing aids)</li> <li>• Medications or treatment of medical conditions</li> </ul> <p>(5)For children not covered by Medicaid or dental insurance, the services listed in section (i) or (ii), should be provided and Head Start will attempt to access other funding sources and will be last payee for services.</p>			
<b>(d)Ongoing Care</b>	<p>After the initial screening, there is on-going assessment of each child by both teaching staff and parents. Rescreens are completed for growth assessment, hearing, and vision, as needed. Any changes noted are discussed with staff and parents and appropriate referrals are made if needed and/or requested. Children who are on an Individual Care Plan have them updated as the care required changes.</p>	<p>Health/ Nutrition Mgr., Health Coor., Staff, Education Coor.</p>	<p>Ongoing</p>	<p>*H/ Vision forms, Growth Charts, Individual Care Plan</p>
<b>(e) Involving Parents</b>	<p>(1-3)The connection between health and a child’s success in school is introduced during the enrollment and screening process and through parent education. Parent authorization is obtained before screening and before obtaining medical information from community providers. Parents are encouraged to discuss the procedures with their child so they will be aware of what is happening.</p> <p>(4)An assessment of the health education needs for Head Start parents, staff and children is done by having parents complete a Parent Education Survey of health education topics. Medical histories are also reviewed for common problems and frequent illnesses and injuries. Staff and parents give input about suspected health problems also.</p> <p>When the needs for parents, children and staff have been clearly defined health education activities will be scheduled. Topics include preventive health care, CPR, emergency first aid, safety principles, dental health and common childhood illnesses. The Health Services Coordinator and Family Service</p>	<p>Health Coor., Family Service Coor., Health/ Nutrition Mgr., Family Service Mgr.</p>	<p>August and ongoing</p>	<p>*Acceptance and Screening letters to parents</p> <p>*Authorization Form</p> <p>*Health Release of Information Form</p> <p>*Parent Education Survey</p> <p>*Child Health Record</p>



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	<p>phone. All family contact information and authorization for emergency care are updated on a regular basis or as needed.</p> <p>(3) Each room in the center has a posted emergency evacuation route. Procedures for fire and tornado emergencies are posted. Fire drills are completed monthly and documented. Tornado drills are done in the months of September, October, April and May and are documented on weekly lesson plans and weekly staff minutes.</p> <p>(4) All parents are notified of any injury or emergency involving their child. The emergency card provides all necessary information. An Accident/Incident Report is filled out immediately. A telephone call is made to the parents in twenty-four (24) to forty-eight (48) hours to follow-up. Documentation is then sent to the Health Services Coordinator and kept in the child's Health File.</p> <p>(5) Methods for handling cases of suspected or known child abuse and neglect are written in the Policies and Procedures Manual located in the centers and with all Home Visitors and Coordinators. A form is used for documentation and diagramming the injury. A contact is made to the Family Services Coordinator or Family Services Manager and the Education Coordinator is made aware of the incident. Appropriate telephone numbers are provided for each unit in their local area.</p>	<p>Family Service Mgr., Family Service Coor., Education Coor.</p>	<p>Monthly Fire Drills Tornado Drills four times/year</p> <p>September/ October</p>	<p>*Certified CPR training First Aid Kits</p> <p>*CPR &amp; Choking Poster</p> <p>*BBP Poster</p> <p>*First Aid for Dental Emergencies Poster</p> <p>*Posted Emergency Numbers</p> <p>*Emergency Cards</p> <p>*Posted Emergency Evacuation Routes</p> <p>*Posted Procedures for Fire and Tornado</p> <p>*Accident/ Incident Procedure/Forms</p>

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				*Weekly Lesson Plans and Staff Meeting Minutes  *Child Abuse/Neglect Procedure and Forms
<p><b>(b) Conditions of short-term exclusion and admittance.</b></p>	<p>(1) A child, in the center-based and home-base program, who has a contagious short-term disease or short-term injury, will be readily removed from participation within the center or group until he/she does not pose a significant risk to the health or safety of the child or anyone in contact with the child.</p> <p>(2) No child will be denied or excluded admission to this program due to health care needs or medication requirements unless practices or procedures would pose a significant risk to the health or safety of others who are in contact with the child. Measures will be taken to accommodate the child in providing appropriate auxiliary aids so as to enable the child to participate.</p> <p>(3) Child health information is requested upon admission into the program to identify health and safety needs of the child. An Individual Care Plan is established for those children requiring special health care. Any necessary health information is transferred onto the child emergency card and entered to the child tracking system. All parents will be given the Family Information Book, with a section about the importance of health and a child's success in school. Confidentiality is strictly enforced.</p>	<p>Health/ Nutrition Mgr., Education Mgr., Health Coor., Education Coor.</p>	<p>Ongoing</p>	<p>Bloodborne Pathogens Procedure</p> <p>*Control of Infectious Diseases in Child Care Facilities poster(SD DSS)</p> <p>Enrollment information</p> <p>*Medication Administration Policy and Forms</p> <p>Child Tracking System</p> <p>Individual Care Plan</p>



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	<p>stored where quickly accessible to staff, but out of children’s reach. The log will be completed immediately after the medication has been given to the child. The “Medication Form” must be kept with the medication <u>and</u> in the child’s file at the center.</p> <p>In the event that a child refuses medication or is uncooperative, the parent must be notified that the dose was not administered.</p> <p>A monthly parent contact is required and will be documented on the log.</p> <p>If an emergency medication (bee sting, asthma, food allergy) is needed, refer to the Emergency Medication Procedure.</p> <p><b><u>Emergency medications</u></b> necessary for a possible reaction to an allergy (bee sting, food) or for asthma will require a doctor’s signature and a parent’s signature on the “Allergy Action Plan” form:</p> <p>The “Allergy Action Plan” form includes the following:</p> <p>Student’s name, date of birth, teacher and the allergy.</p> <p>Step 1 Treatment: The physician will specify the appropriate medication to give according to the symptom listed on the form.</p> <p>The physician will list the medication, dosage, and the route to give the medication to the child.</p> <p>Step 2 Emergency Calls: Phone numbers will be listed on the form for the emergency contacts. Update phone numbers as they change.</p> <p>The parent/guardian <u>and</u> the doctor’s signatures and dates are required on the</p>			

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	<p>“Allergy Action Plan.</p> <p>The back of the “Allergy Action Plan” has a place to list trained staff and graphic directions for using an Epi-Pen. The Health Coordinator or other trained professional will train staff in the proper techniques for the administration, handling and storing of any emergency medication, and staff will sign and date that they have received training on the back of the “Allergy Action Plan”.</p> <p>These emergency medications will be stored where quickly accessible to staff (unlocked), but out of reach of children. The “Allergy Action Plan” will be with the medication and in the child’s file at the center. A copy will be sent to the Health Services Coordinator.</p> <p>A “Diet Prescription for Meals” form is <u>not</u> required when the “Allergy Action Plan” is required due to a food allergy.</p> <p>When the Health Coordinator and the Health/Nutrition Manager are notified of a food allergy requiring an emergency medication, the appropriate posters will be made for the center (example: peanut/tree nut allergy).</p> <p>In the event an emergency medication is given, documentation of the event will be made on an “Accident-Incident Report”, with a follow-up contact in 24-48 hours.</p>	<p>H/N Mgr</p>		<p>*Posters</p> <p>*Accident/ Incident Policy and Forms</p>
<p><b>(d) Injury Prevention</b></p>	<p>(1) CPR training is mandatory for Teachers, Teacher Assistants, Home Visitors, Home Visitor Assistants, and Bus Drivers. All other staff are encouraged to take the training. First Aid Training is required for all center and home base staff.</p>	<p>Education Mgr., Education Coor., Teachers,</p>		<p>*First Aid Video</p> <p>*Certified CPR Training</p>

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	<p>Education Coordinators complete an Environmental Health and Safety Checklist every September/October and January/February. These checklists are kept in the education file cabinet located in the central office. A corrective action is written for those areas found to be out of compliance. The teacher/home visitor is given a written notice to correct the violation.</p> <p>(2) Parent groups are offered training in first-aid, CPR, fire safety, accident prevention, weather safety, health or any other safety concerns.</p> <p>Children are exposed to activities involving farm safety, electricity, personal safety, hygiene, car safety, fire safety, weather safety, health and dental health.</p>	<p>Teacher Assistants, Home Visitors, Home Visitor Assistants, Bus Drivers, H/N Mgr, Health Coor.</p> <p>Family Service Coor.</p>	<p>Sept/Oct and Jan/Feb</p>	<p>*Environmental Health and Safety Checklist</p> <p>*Parent Education Survey</p>
<p><b>(e) Hygiene</b></p>	<p>(1) Staff, volunteers and children wash their hands with soap and running water:</p> <ul style="list-style-type: none"> <li>(i) After toilet use</li> <li>(ii) Before food preparation, handling, consumption or any other food-related activities;</li> <li>(iii) When hands are contaminated with blood or other bodily fluid;</li> <li>(iv) After handling pets or other animals.</li> </ul> <p>(2) Staff and volunteers wash their hands with soap and running water:</p> <ul style="list-style-type: none"> <li>(i) Before and after administering medications;</li> <li>(ii) Before and after treating or bandaging wounds. Nonporous gloves are used when in contact with any blood or body fluids;</li> <li>(iii) Assisting a child with toilet use;</li> </ul> <p>(3) There is a written policy for preventing the spread of blood-borne pathogens and infectious disease in the Policies and Procedures Manual</p>	<p>Education Manager, Education Coor's., H/ N Mgr., Health Coor., All Staff</p>	<p>Annual training</p>	<p>*Blood Borne Pathogens Training and Policy</p> <p>*Hand washing areas and supplies</p>

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	<p>located in all centers and with Home Visitors and Coordinators. Nonporous gloves are worn by staff when they are in contact with spills of blood or other visible bodily fluid. Gloves are available and may be worn when doing checks for head lice.</p> <p>(4) Spills of blood or body fluids (urine, feces, saliva, nasal discharge, eye discharge, injury or tissue discharge, emesis) shall be cleaned up immediately. Every Head Start Unit will be provided with and instructed on the use of body fluid clean-up kits. The kits include solidifier with chlorine disinfectant, disposable gloves, scoop/scrapper, disposal bags with ties, disposal towels and antiseptic towelettes.</p> <p>The body fluid clean-up kits will be in the centers, at home-base group meeting sites, on the buses and on any Head Start field trip or outing.</p> <p>To clean and disinfect contaminated surfaces, the following steps are followed:</p> <p>Put on disposable gloves;                      Sprinkle powder over spilled area until completely covered. Within seconds, the liquid will congeal;                      Remove congealed material with scoop, stiff cardboard or similar device;                      Clean and disinfect the affected area with approved germicidal ingredient;                      Dispose of waste in leak-proof container, double bagging if needed;                      Wash hands thoroughly with soap and water when finished.                      Staff may use an approved solution to clean carpet if stained.                      All contaminated materials exposed to blood or body fluids will be properly disposed of:                      Seal all contaminated items in a leak-proof plastic bag, if needed, double bag;                      Dispose of bag according to universal precaution recommendations.</p> <p>(5) A private secure area is designated for diapering procedures. All staff wear nonporous gloves when diapering a child. Good handwashing with soap and running water is done prior to the procedure and following. The soiled diaper and gloves are disposed of in a plastic bag with a secure tie. Clean and</p>			<p>*Headlice Policy</p> <p>*Body Fluid Clean-up Kits</p> <p>*Sanitizing Procedure</p> <p>*Diapering Procedure</p>

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	<p>disinfect the diaper pad/table according to the Diapering Procedure.</p> <p>(6) All children use regular toilets. A safe secure step is provided for children who need assistance in using the toilet. Staff is available to assist children at all times.</p> <p>(7) Not applicable as the program does not serve infants and toddlers.</p>			
<p><b>(f) First-Aid Kits</b></p>	<p>(1) All Head Start Centers are equipped with a First-Aid kit. The home-base programs have mobile first-aid kits. Head Start staff are given fanny packs and they are accessible to all staff and volunteers to be used on the playground, home visits, field trips, group meetings and any other activity related to Head Start.</p> <p><u>The Fanny Pack First Aid Kit should contain the following:</u></p> <ul style="list-style-type: none"> <li>1 roll of adhesive tape</li> <li>2 sterile pads</li> <li>1 package facial tissues</li> <li>1 instant cold pack</li> <li>1 antiseptic wipes</li> <li>2 pairs of gloves</li> <li>4 band-aids</li> <li>1 hand sanitizer</li> <li>1 CPR mask/mouth barrier</li> <li>1 First Aide Guide</li> <li>1 pen light</li> <li>2 antibiotic ointment</li> <li>1 disposal bag</li> </ul> <p><u>The Home Base Kit should contain the following:</u></p> <ul style="list-style-type: none"> <li>1 eye wash</li> <li>1 eye pad</li> <li>5 band-aids</li> </ul>	<p>Health/ Nutrition Mgr., Health Coor., Teaching Staff</p>	<p>September- May</p>	<p>*First Aid Kits and Fanny Packs</p>

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	<p>1 adhesive tape                      5 antiseptic wipes                      5 sterile pads (4x4" or 3x3")                      2 non-adhering pads (roll)                      2 pair disposable gloves                      2 stretch gauze bandages                      1 instant cold pack                      5 triple antibiotic ointment                      1 bandage scissors                      1 first aid guide                      1 CPR mask/mouth barrier                      1 spill clean-up kit                      1 penlight                      1 Q-tips                      1 disposable bag                      1 hand sanitizer                      1 tweezer                      1 elastic (ace) bandage                      1 pkg. facial tissues</p> <p><u>The Bus First Aid Kit should contain the same items as the Home Base Kit except for the following to prevent freezing:</u>                      Eye Wash                      Antiseptic Wipes                      Instant Cold Pack                      Triple Antibiotic</p> <p><u>The Center First Aid Kit should contain the following:</u>                      Oval eye pad                      Eye wash                      Non-adhering dressings (roll)                      Band-aids                      4x4" sterile pad</p>			

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	<p>Rubber gloves                      Adhesive tape                      Antiseptic wipes                      Antibacterial hand sanitizer                      Instant cold packs                      Thermometer                      Stretch gauze bandage                      Triple antibiotic ointment                      Bandage scissors                      Tweezers                      Pen light                      First aid guide                      CPR mask/mouth barrier                      Spill clean-up kit                      Ace bandage                      Facial tissues                      Disposable bag                      Q-tips</p> <p>(2) All kits are inventoried monthly by local staff. All routine and frequently used items, such as cold packs, band-aids, clean-up kits, are kept in supply at the main office for restocking as needed. Staff will submit a requisition for items needed.</p>	<p>Teaching Staff,                      Education Asst.</p>		<p>*Requisition form</p>
<p><b>1304.23 CHILD NUTRITION</b>  <b>(a) Identification of Nutritional Needs</b></p>	<p>(1) Heights and weights will be obtained on all children. Measurements will be plotted on individual growth charts and placed in the Child Health Record. Graphs are based on figures from the National Center for Health Statistics. Parents of children who are determined underweight or overweight will be consulted. A plan will be developed with the parent (if interested) to deal with follow-up in each individual case. A registered dietitian/licensed nutritionist will be available on a consultant basis. Contact with parents will be made regarding the need for diet modification. Referral will be made to appropriate agencies.</p>	<p>Health/                      Nutrition Mgr.                      Consultant                      Dietitian</p>	<p>August                      Health                      Screening</p>	<p>Growth Chart                      Consultant                      Agreement</p>



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	<p>foods such as chicken nuggets, pizza, breaded fish, etc., will be taken off the packages, attached to the menu and sent to the office.</p> <p>(ii) Every child in a part-day program will receive a quantity of food in meals (preferably hot) and snacks which provide at least 1/3 of daily nutritional needs with consideration for meeting special needs of children, including the children with disabilities. The recommended dietary allowances of the National Research Council, National Academy of Sciences are used as the basis for establishing meal patterns/dietary needs for Head Start children.</p> <p>One of the following patterns will be used</p> <p>Breakfast and Lunch    Lunch and PM Snack Home Base – AM or PM Snack</p> <p>Menus for centers will be planned by the Health/Nutrition Manager and approved by the Consultant Dietitian with input from parents, cooks, and other interested staff. CACFP guidelines are followed when planning menus.</p> <p>Home Visitors will choose a snack menu for the twice monthly group meetings. A list of snack ideas will be developed for the Home Visitors to choose from. Menus will take into consideration the availability of food, seasonal foods, ethnic preferences, cost, the curriculum, individualized planning, eating skills and learning about nutrition. Included in the menus will be finger foods, hot and cold foods, and a variety of textures, colors and flavors.</p> <p>Menus will be posted in the kitchen and dining area (if separate). Menu substitutions will be made within the same food group. All substitutions must be approved by the Education Coordinator or Health/Nutrition Manager. Substitutions will be indicated on posted menus. Parents will receive copies of menus in advance. Local radio stations and newspapers may be contacted to</p>	<p>Health/ Nutrition Mgr. Consultant Dietitian</p> <p>Home Visitor</p> <p>Health/ Nutrition Mgr., Education Coor., Cooks</p>	<p>Ongoing</p> <p>Monthly</p>	<p>*Menus</p> <p>Home Base Meal Count Form</p> <p>*Menus</p>

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	<p>announce menus for Head Start Centers. Menus for children with disabilities or children on special diets will be modified as necessary by the parent, family physician and cook. Changes made are written on a copy of the monthly menu and signed and dated by parent. A copy goes to the Health/Nutrition Manager and is filed with the center or home based menus. Special equipment will be provided as necessary. A physician's prescription will be kept on file at the center or with the Home Visitor and the original is filed in the child's health record at the office. General use of special dietary foods, such as vitamin fortified milk products, to replace snacks or meals is not allowed. Use of medical nutritionals (Pro-so-bee, etc.) is allowed. An individual plan will be developed to serve a child with tube feedings.</p> <p>All children in morning programs receive breakfast at the time they arrive at the Head Start Center. The breakfast meal pattern is provided during all morning class sessions. All children are offered breakfast. See meal requirements for breakfast.</p> <p>(iv) Not applicable as the program does not serve infants and toddlers.</p>																	
<p><b>Meal Patterns</b></p>	<p>(v-vii)</p> <table border="0"> <tr> <td><u>Breakfast</u></td> <td style="text-align: right;"><u>Portion Size</u></td> </tr> <tr> <td>Milk, fluid</td> <td style="text-align: right;">¾ cup (3)</td> </tr> <tr> <td>Juice or fruit or vegetable</td> <td style="text-align: right;">½ cup</td> </tr> <tr> <td>Bread and/or cereal, enriched or whole grain</td> <td style="text-align: right;">½ slice</td> </tr> <tr> <td>Bread or</td> <td style="text-align: right;">½ slice</td> </tr> <tr> <td>Cereal: Cold dry or</td> <td style="text-align: right;">1/3 cup (2)</td> </tr> <tr> <td>Hot cooked</td> <td style="text-align: right;">¼ cup</td> </tr> </table> <p><u>Mid-morning or mid-afternoon snack (supplement)</u> (Select 2 of these 4 components)</p>	<u>Breakfast</u>	<u>Portion Size</u>	Milk, fluid	¾ cup (3)	Juice or fruit or vegetable	½ cup	Bread and/or cereal, enriched or whole grain	½ slice	Bread or	½ slice	Cereal: Cold dry or	1/3 cup (2)	Hot cooked	¼ cup	<p>Health/ Nutrition Mgr., Education Coor., Cooks, Cook Assistants, Home Visitors, Home Visitor Assistants</p>	<p>September to May</p>	<p>*Menus Production Books Home Base Meal Count Forms</p>
<u>Breakfast</u>	<u>Portion Size</u>																	
Milk, fluid	¾ cup (3)																	
Juice or fruit or vegetable	½ cup																	
Bread and/or cereal, enriched or whole grain	½ slice																	
Bread or	½ slice																	
Cereal: Cold dry or	1/3 cup (2)																	
Hot cooked	¼ cup																	

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	<p>Milk, fluid ½ cup                      Meat or meal alternate ½ ounce                      Juice or fruit or vegetable ½ cup                      Bread and/or cereal, enriched or whole grain ½ slice                      Cereal: Cold dry or 1/3 cup                      Hot cooked ¼ cup (1)</p> <p><u>Lunch</u>                      Milk, fluid ¾ cup                      Meat or meal alternate                      Meat, poultry or fish, cooked (lean meat w/o bone) 1 ½ ounces                      Egg 1                      Cooked dry beans or peas 3/8 cup                      Peanut Butter 3 Tablespoon                      Vegetable and/or fruit (2 or more) ½ cup                      Bread or alternate (enriched or whole grain) ½ slice</p> <p>(1) – ¼ cup (volume) or 1/3 ounce (weight), whichever is less                      (2) – 1/3 cup (volume) or ½ ounce (weight), whichever is less                      (3) – ¾ cup (volume) or 1 ounce (weight), whichever is less</p> <p>A Planning Guide for Food Service in Child Care Centers, Food and Nutrition Service, United States Department of Agriculture.</p> <p>(vi)Menus are analyzed by a consultant dietitian to maintain meals that are low in salt, sugar and fats. The meals also support United States Department of Agriculture dietary guidelines to serve more breads/cereals and increased amounts of fruits and vegetables.                      Sufficient time is allowed for children to eat. Use of a non-religious pre-meal verse, song or finger play is encouraged to prepare children for the meal. At least thirty (30) minutes will be allowed for lunch and at least fifteen (15) minutes for breakfast and snack. Children serve themselves family style and</p>	<p>Health/                      Nutrition Mgr.                      Consultant                      Dietitian</p>	<p>Annually</p>	<p>Consultant                      Agreement                      *Child and Adult                      Nutrition                      Services Training                      and Resources</p>

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	<p>scrape and clean their own dishes when finished eating. Plans will be developed for any child with eating difficulties to help them reach an adequate level of self-feeding.</p> <p>(2) Meals and food experiences are planned to be used as an integral part of the total home base education program. Meals at home base groups will be part of the regular flow of the day's activities. Foods will serve as a means for children to develop concepts, senses and vocabulary. Food activities will be used as a means for teaching language arts, color, texture, math, science, social skills and hygienic practices; however, the primary purpose of these activities will be to teach long-term eating habits. Food prepared by children will be eaten by the individual child.</p> <p>Parents also have the opportunity in the Home Base group to learn about nutrition issues by having topics such as menu planning, buying on a budget and encouraging healthy eating patterns in children addressed at their meeting.</p> <p>(3) Staff will promote effective dental hygiene. Dental health education is incorporated throughout the child's Head Start experience. Mealtime allows time for children and adults to talk and learn about food that is good for our teeth and the importance of healthy teeth. Staff and children brush their teeth after meals; learn about proper brushing techniques; establish a routine of brushing; and, learn how to care for the toothbrush. Toothbrushes are replaced three (3) times per year or as needed.</p> <p>(4) Staff, parents and community agencies may be involved in all areas of the Head Start nutrition services. Parents are involved by attending local parent meetings and policy council. Staff is encouraged to assist in menu planning and nutrition education training. Community representation or involvement is provided to local parent meetings, Policy Council (community representatives) and health advisory membership.</p>	<p>Health/ Nutrition Mgr., Education Mgr., Education Coor., home visitor</p> <p>Health/ Nutrition Mgr., Family Service Coor.</p> <p>Education Mgr., Education Coor., Teachers, Home Visitors</p> <p>Health/ Nutrition Mgr, Family Service Coor., Cooks</p>	<p>September- May</p> <p>September- May</p> <p>September- May</p>	<p>Lesson Plans Meal Count Forms</p> <p>Attendance Sheets-Parent Meeting</p> <p>*Tooth brushing supplies *Dental Education Resources (Great Faces/Great Smiles flip chart)</p> <p>Parent Input documentation</p>
<b>Meal Service</b>	(1) Menus at the beginning of the year will contain familiar foods. This will	Health/	September-	*Menus



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	<p><u>special diet with a note from a physician.</u> This should be explained to children in the group. Water is an important nutrient and may be offered throughout the day and when the child requests it. Water can be available during meal and snack times. It does not need to be on the table.</p> <p>(5) Not applicable as the Program does not serve infants and toddlers.</p> <p>(6) The nutritional status of the children will be discussed with their parents prior to beginning Head Start. Any medical concerns regarding the child's diet or nutritional status is discussed with the parent. Medical/nutrition history is obtained from the child's physician as indicated from the Child Health Record and/or nutrition assessment. Diet or menu modifications must be accompanied with a doctor's order. A Diet Prescription For Meals At School form must be filled out. A copy is sent to the Health/Nutrition Manager and one copy is for the cook at the center. Teachers, Home Visitors, Education Coordinators and Family Service Coordinators also receive a copy. Menu changes are approved by the Education Coordinator or the Health/Nutrition Manager. Cooks and unit staff are responsible for monitoring or implementing changes. Any nutritional problems identified through registration, screening or teacher observation will be discussed with the parents. A course of follow-up will be planned.</p> <p>(7) Opportunity is provided for the involvement of children in activities related to meal service (for example, family style service). Meal periods and food are planned to be used as an integral part of the total education program. Meals at centers and home base groups will be part of the regular flow of the day's activities. Foods will serve as a means for children to develop concepts, senses and vocabulary. Food activities will be used as a means for teaching language arts, color, texture, math, science, social skills and hygienic practices; however, the primary purpose of these activities will be to teach long-term eating habits. Food prepared by children will be eaten by the individual child. Children participate in learning activities planned to effect the selection and enjoyment of a wide variety of nutritious foods. Center staff will develop</p>		<p>September to May</p>	<p>Child Health Record</p> <p>Nutrition Tracking System</p> <p>*Diet Prescription Procedure and Form</p> <p>Lesson Plans</p> <p>Home Base Meal Count Forms</p>

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	<p>plans that allow for small groups of children (3-4) to be involved in nutrition-related activities. Children in home base groups have nutrition education or involvement in food preparation at group meetings and on home visits. Staff planning will also allow children to be involved in meal-related activities such as making butter, individual pizzas, and making placemats, centerpieces, etc. The dramatic play area offers the children opportunities to “grocery shop, plan meals, and cook”.</p>			
<b>(d) Family Assistance with Nutrition</b>	<p>Families receive education in the selection and preparation of foods to meet family needs, guidance in home and money management and help in consumer education so that they can fulfill their major role and responsibility for the nutritional health of the family. Information about menus and nutrition activities will be shared regularly with parents. Head Start center menus will be distributed to all parents along with nutrition education information. Parents are informed of the benefits of food assistance programs. Parents will receive information on SNAP (Supplemental Nutrition Assistance Program), WIC, CACFP and other food-related agencies in initial parent packets. Those indicating interest in help from a specific agency will receive individual counseling. Community agencies are enlisted to assist eligible families to participate in food assistance programs.</p>	<p>Health/ Nutrition Mgr., Family Service Coor.</p>	<p>September- May</p>	<p>Attendance Sheets-Parent Meetings</p> <p>*Parent Packet at enrollment</p> <p>*Community Resource List</p>
<b>(e) Food Safety and Sanitation</b>	<p>(1) The program will provide for compliance with applicable local, state and federal sanitation laws and regulations for food service operations including standards for storage, preparation and service of food and health of food handlers and for posting of evidence of such compliance. The program will ensure that vendors and caterers supplying food and beverages comply with similar applicable laws and regulations. All food service personnel will be required to have an initial health examination. State inspectors will be notified to conduct health and sanitation inspections in all center food operations. Written evidence of this will be on file. The Health/Nutrition Manager will complete a Food Monitoring Inspection Report two times a year at center locations and two times a year at home base sites to assure maintenance of standards. Additional monitoring/training will be done as needed.</p>	<p>Health/ Nutrition Mgr., Human Resource Transportation Mgr., Education Mgr., Education Coor., Cooks, Home Visitors</p>	<p>September- May</p>	<p>Food Service Inspection Form *ServSafe Certificates for H/N Mgr., Cooks, and Cook Assistants.</p> <p>Attendance Sheet-Cook/ Home Visitor training</p>