

NUTRITION EXPERIENCE POLICY

Policy Number: NU9503-12	Effective Date: 9/21/12, Revised: 2/22/21
Policy Council Approval Date: 11/1/95 8/16/05	Health Services Advisory Committee Approval Date: 7/25/05

PERFORMANCE OBJECTIVE: 1304.23(C)(7) As developmentally appropriate, opportunity is provided for the involvement of children in food related activities.

PROCEDURES:

Center Based

1. Once a month, teachers at each center must collaborate to plan a creditable snack to be made by the children during a Nutrition Experience.
2. Nutrition Experiences will occur on the third Thursday of each month. Head Start classes will have a Nutrition Experience starting in October and ending in May. Early Head Start will have a Nutrition Experience every month, all year around.
3. Teachers will either use the Intentional Teaching Cards (ITC) to plan the experience, or collaborate with the Nutrition Coordinator for a unique experience.
4. A creditable snack follows CACFP guidelines. Non-creditable snacks will not be served. Teachers will seek Nutrition Coordinator assistance if they have any questions about CACFP creditability guidelines.
5. In Early Head Start, Nutrition Experiences will take the place of snack and will be claimed for CACFP reimbursement. In Head Start, Nutrition Experiences will be provided after lunch and cannot be claimed for CACFP reimbursement.
6. One person will be chosen to shop for the entire center. Each classroom is budgeted \$15.00 per month for Nutrition Experiences. All purchases will follow the Food Purchasing and Check-In policy guidelines.
7. In addition to monthly Nutrition Experiences, a food/nutrition activity or lesson must happen weekly in the classroom; this can be reading a story about food/nutrition or maybe helping the cooks by washing fruits or vegetables. Teachers may also ask the cooks if they have extra fruit or vegetables that can be used in the food/nutrition activity or lesson. Teachers will seek Nutrition Coordinator assistance if they have any questions about food/nutrition activity or lesson content.

Home Based

1. Once a month, home visitors will collaborate to plan an age appropriate snack to be made by children on their caseload. While this snack is not creditable for CACFP reimbursement, home visitors will still follow CACFP guidelines that indicate foods served will be high in nutrients and low in sugar, sodium, and saturated fat.
2. Home visitors will fill out a Nutrition Experience request form that lists food and price of food. Home visitors will send the form to the Nutrition Coordinator for approval. Home visitors will not purchase food before prior approval from the Nutrition Coordinator.
3. Home visitors will receive \$15.00 to purchase food for their entire caseload.
4. Nutrition Experiences will occur exclusively at socializations to encourage parent/child interaction and family participation.