



COUNTY OF SAN BERNARDINO
PRESCHOOL SERVICES DEPARTMENT
POLICY

NO. 01 NS ISSUE 2

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EFFECTIVE: 07-01-2012
Updated

SUBJECT:

Center Base Family Style Meal Service

APPROVED: 10-05-2012

BY: Ron Griffin, Director

PURPOSE

Feeding time should be a positive and pleasant social time for children and adults in the Head Start Program. Meal times must be listed on the daily schedule and spaced according to CCFP policy.

POLICY

All toddlers and preschool children and assigned classroom staff, including volunteers, eat together family style and share the same menu.

REFERENCE

Head Start Performance Standards 1304.23 (c)(4)

PROCEDURE

The following list is to be used as a guide for creating an appropriate mealtime environment in the classroom. Each teacher should use imagination and skills to carry out the following practices in an individualized manner. All parents and volunteers assisting with the mealtime should be familiar with the following guidelines.

Before-Meal Time

- A before meal activity that calms children and readies them for the meal time transition
- All children, staff and volunteers wash hands
- Children take part in setting the table, include disposable knives when appropriate. Selecting 2 or 3 children to assist in setting the table before all children arrive makes mealtime orderly and relaxed.
- Remove trash can lids

During-Meal Time Children:

- Sit at the tables
- Use hands to open napkin packs
- Serve themselves
- Determine their own serving size
- Choose which foods they put on their plate
- Are encouraged but not forced to try small tastes of new or unpopular foods
- Are taught table manners in an understanding, patient way
- Are not pressured to eat
- Are encouraged to talk with those sitting near them
- Clean up after accidents and are never blamed or punished for spills

During Meal Time Adults:

- Sit with the children at the table and remove disposable gloves when eating
- Eat the same meal as the children at the table. Food Service Workers usually send out 2 extra meals per class for staff and volunteers; ensure that our Parent Volunteers are offered the meal first.
- Act as good role models. For example, taste all foods served, observe general rules of cleanliness, and maintain a pleasant attitude
- If children would like extra portions but there is not enough for everybody, divide the remaining items when feasible so that more than one child can have additional servings.
- Encourage conversation that is personally meaningful to the children such as; pets, things children do at home, family outings, field trips, celebrations or concepts relating to foods and nutrition. Avoid "only" discussing topics that refer to the shape, color, size and texture of the food.
- Document Meal Count

After-Meal Time

- Place milk bucket away from the eating area
- Children have a role in cleaning the table after eating
- Appropriate tooth brushing procedure are followed
- The designated staff can clean the table with antibacterial solutions. Once that is done, and then QUAT solution will be used to sanitize the tables. Tables must be wiped dry.
- Any reusable towel must be sent to the kitchen to be sanitized before further use. Towels are discarded when soiled and frayed.

It is important that the tone of the mealtime is relaxed, pleasant, interesting and positive. Enjoy!!

Just a reminder that agency food should only be consumed in the presence of children; not in the break room, desk or work areas.