



**COUNTY OF SAN BERNARDINO
PRESCHOOL SERVICES DEPARTMENT
POLICY**

NO. 01 ISSUE 1
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EFFECTIVE: 07-01-10
Updated

SUBJECT:
Family Assistance with Nutrition

APPROVED: 10-20-10


BY: Ron Griffin, Director

PURPOSE

To offer parents new skills and ideas for providing nutritious meals at home.

POLICY

Nutrition education activities will be incorporated in parent meetings, or nutrition workshops throughout the program year to increase parents' knowledge about nutrition related skills.

REFERENCE

Head Start Performance Standards 1304.23 (a)(4),(d)

PROCEDURE

1. The Generalist/ Home visitor will seek community agencies that can provide parent education activities at school sites.
2. The Generalist conduct parent surveys at the beginning of the year to identify topics of workshops. Topics can also be identified from large percentage of nutrition related problems in a school.
3. Examples of nutrition related topics are: Child Nutrition, Anemia, Menu Planning, and Food Safety.
4. The Generalist will arrange with the following agencies to coordinate nutrition education: UC-CO-Operative Extension (909) 387-2188 or CHDP-Public Health (909) 388-0446 or arrange with Nutritionist (909) 383-2049
5. Upon completion of nutrition classes, Generalist will maintain copies of sign in sheets.