



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

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EFFECTIVE: 07-01-10
Updated

SUBJECT:
Procedure for Nutrition Assessment of Early Head Start/
Head Start children ages 2-5 Years

APPROVED: 10-19-10

BY: Ron Griffin, Director

PURPOSE

To promote child wellness by providing nutrition assessment and assisting families in meeting each child's nutritional needs.

POLICY

A nutrition assessment is conducted on all children who enroll in the Early Head Start/ Head Start programs. The assessment is **updated on a yearly basis** for all multiple year children. The information from the nutrition assessment is used to provide families with appropriate nutrition education, counseling and referrals.

REFERENCE

Head Start Performance Standards 1304.23 (a)(1,2,4)

PROCEDURE

1. At the time of enrollment, the Program Generalist, or other member of the enrollment teams, will assist the parents with completing a Nutrition Assessment survey form in the enrollment packet. Then, staff input the information in COPA software under child/ Health history section.
2. Staff should explain that the information provided will be reviewed by a Generalist and will be used to provide individualized follow-up, counseling and referrals. All information provided on the form is confidential. If there are any questions concerning the nutrition assessment, referrals should be made to the Nutritionist.
3. Staff should assist parents in completing the form correctly.
4. Staff reviews the survey and refer to Nutritionist the following nutrition related health risks: Anemia, constipation, drinking from baby bottle, difficulty chewing/ swallowing, food allergy, and any growth concerns.