

Head Start/Early Head Start
North Iowa Community Action Organization
218 5th Street SW
Mason City, IA 50401

Outside Food Policy

In compliance with Head Start Performance Standards, our program implements nutrition services that are culturally and developmentally appropriate, meets the nutritional needs and feeding requirements of each child, including those with special dietary needs and disabilities. All foods served must be high in nutrients and low in fat, sugar and salt. Medically-based diets, allergies, and other dietary requirements are accommodated.

To ensure the safety and health of all children, staff and volunteers there will be no food brought into the center for child consumption unless it is provided by NICA Head Start/Early Head Start or school district food service. This includes all outside food such as snacks and foods for special occasions. This does not include food provided by a parent to accommodate a documented medical diet modification.

Guidelines:

- No outside food will be served to children while they are signed in under Head Start/Early Head Start care.
- Any family activities that involve outside food may not occur in space licensed for care of children while classes are in session and children are present and signed in.
- Field Trips –No outside food is permitted during field trips while children are present and signed in. All food for children will be provided by Head Start/Early Head Start or School District food services.
- Student Arrival – Children arriving for class will not be permitted to consume food in the center prior to parent signing the child in. All outside food is to be consumed outside of the center.
- End of Year Celebrations/Special Events – If celebration is held during scheduled hours of instruction only Head Start/Early Head Start or School District food service food can be served. This includes special occasions such as holidays and birthdays. There are many other alternatives that classroom teachers implement into the classroom to celebrate birthdays and special occasions.

Any outside food brought into classrooms will not be distributed to the children and will be returned to parents unopened. We ask that you provide this information to anyone in your family who may wish to bring treats into the classroom to avoid any upset children as these treats will not be disbursed.

2/15/2012 cdavis Policy Council Approved Mar 8, 2012. Reviewed/revised by HAC 2/11/15 Approved by PC 3/24/15; Reviewed and revised June 2017. Approved by PC 8/1/17