

HEAD START NUTRITION IMPLEMENTATION PLAN

SCREENING, ASSESSMENT, TREATMENT AND FOLLOWUP FOR NUTRITION-RELATED HEALTH PROBLEMS FOR HEAD START CHILDREN		
Timeline:	Responsibility:	Topic/Event/Item:
September/October	Intake Staff sees to it that parent/caretaker fill out forms correctly. Registered Dietitian trains intake staff in how to take a 24-hour dietary recall.	<ul style="list-style-type: none"> • Health and Nutrition Histories completed. Contains information on dental, nutritional & developmental problems, 24-hour food recall and physical activity patterns. • Physical Exam Form completed by health professional. Space for nutrition & dental information, height and weight, hemoglobin • Family Assessment. Tells what services client is using or needs. (WIC, Food Stamps) • Special Diet Statement for Children is used to document food allergies & intolerances.
September -August	Registered Dietitian	<ul style="list-style-type: none"> • Health Screening Days in September. Measure and weigh each child in program. Plot growth grids and BMI. • As children enter, weigh and measure them and plot on grid. • Children identified at risk for overweight and underweight are weighed at least one more time during the year.
September- August	Registered Dietitian	<ul style="list-style-type: none"> • Using information collected above, assess children for nutrition problems such as, but not limited to, overweight and underweight status, poor iron status, food allergies/intolerances, special foods or equipment needed if disabled, have a special medical condition or food needs related to religious or cultural preferences.

September-August	Registered Dietitian	<ul style="list-style-type: none"> • Develop individual treatment plan for children with assessed nutrition problems. These plans may include provision of special foods, home visits, referrals to other agencies & health professionals, group or individual counseling, printed materials, etc. Home Visit and Parent Teacher Conference. Talk with family regarding cultural diversity/needs in area of nutrition • Documentation in child's file..
September-August	Registered Dietitian Registered Nurse Education Staff Family Advocates	<ul style="list-style-type: none"> • Follow-up on treatment plan, make adjustments to plan, continue or discontinue plan. • Documentation in child's file.

NUTRITION-EDUCATION FOR CHILDREN		
Timeline:	Responsibility:	Item/Event/Topic:
Daily	Classroom staff.	<ul style="list-style-type: none"> • Visit with child at mealtime about food properties, manners, social context, etc.
Monthly	Registered Dietitian, Classroom Staff	<ul style="list-style-type: none"> • Opportunity provided for child to make his/her own snack or breakfast at most sites. Documented on menus.
3-4 times a year	Registered Dietitian Classroom Staff	<ul style="list-style-type: none"> • Special food/nutrition or physical activity event or project. See CACFP Nutrition Education Plan. Documented on Nutrition Education Form.
Special events throughout the year	Registered Dietitian and community helpers, other Head Start staff	<ul style="list-style-type: none"> • Events such as Family Fun Day, Head Start Games, Walk to School Day, etc. which promote physical activity and nutrition education. Documented on

		Nutrition Education Form.
At least once a year	Classroom Staff	<ul style="list-style-type: none"> • Food and nutrition activities provided in conjunction with themes and activities taught in the classroom . Documented on lesson plans.

NUTRITION EDUCATION FOR PARENTS. FAMILY INVOLVEMENT IN NUTRITION ACTIVITIES.

Timeline:	Responsibility:	Item:
September	Registered Dietitian Family Advocates	<ul style="list-style-type: none"> • Solicit input on menu items & classroom activities with emphasis on cultural & heritage recipes/activities • Use questionnaires & back of menu for solicitation
January	Registered Dietitian	<ul style="list-style-type: none"> • Send flyer to request recipes. Offer incentive.
Spring	Registered Dietitian	<ul style="list-style-type: none"> • Solicit input on menu from P.C. Council members • Provide nutrition information to P.C. members
At least once during year	Registered Dietitian Community Members	<ul style="list-style-type: none"> • Workshops for parents on cooking with their children and/or basic nutrition
Monthly	Registered Dietitian	<ul style="list-style-type: none"> • Nutrition information on back of menus.
Once a year at Parent Lunches, Breakfasts	Registered Dietitian	<ul style="list-style-type: none"> • Share nutrition or physical activity information with parents at most sites.
Throughout the year.	Registered Dietitian	<ul style="list-style-type: none"> • Make take home Discover Nutrition and Activity Bags available to parents and children to use together.

NUTRITION EDUCATION FOR STAFF & VOLUNTEERS:

Timeline:	Responsibility:	Item:
September & on-going in year	Registered Dietitian	<ul style="list-style-type: none">• CACFP training module, basic nutrition education training
Throughout year	Registered Dietitian	<ul style="list-style-type: none">• Maintains resource materials for teachers
Periodically	Registered Dietitian	<ul style="list-style-type: none">• Newsletter to staff on nutrition issues. Also monthly newsletter article to all RMDC staff.
At beginning of year	Registered Dietitian	<ul style="list-style-type: none">• Provide each classroom with a “My Child Can Cook Recipe Book.

Nutrition Education Implementation Plan, May 2003, Mary Ellen Holverson, RD