
	DHS Early Head Start Program Policy		
EDUCATION 14			
SUBJECT	Learning During Mealtime		
REFERENCE	Education and Early Childhood Development		
EFFECTIVE	8/1/2016		
Policy Council Approval: 7/26/16	Policy Council Revision: pending	Governing Body Approval: 9/16/16	Governing Body Revision: pending
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Policy:

The Early Head Start (EHS) Program recognizes the importance of Family Style Meals, for age-appropriate children, during breakfast and lunch in supporting social emotional, language, gross, and fine motor learning, and development.

Food must be available to any adult participating in Family Style Meals for center-based services. Any adults actively participating with the class during Family Style Meals should receive the same food as the children, free of charge, including during field trips and other EHS Program related activities. Any adult receiving food, paid for by the Program, must be involved in the meal and engage with the children during the majority of the scheduled meal service.

Staff and volunteers will only drink what is available for the children by utilizing the same type and size of cups during mealtimes and/or light-weight plastic water bottles throughout the day.

Ratio must be maintained during Family Style Meals and at a minimum; one adult should sit with the children during the majority of the meal service.

Children are not required to sit at one table or all at the same table. However, children must not be isolated or sit alone during Family Style Meals.

The current daily menu must be posted and made available to parents.

Performance Standard:

1302.31 (e) (2); 1302.44