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**Subject:** Food Preparation for Parent Meetings & Group Socializations

**Source:** Early Head Start Performance Standards 1304.23

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## **Policy**

The food provided at Early Head Start parent meetings and group socializations should be consistent with the child nutrition education and should model current best practices in nutrition.

## **Procedure**

1. Snacks and beverages for Early Head Start group socializations and parent meetings should be consistent with the promotion of sound nutritional practices and maintain the following general guidelines:
    - a. Offer a variety of food
    - b. Fruits, vegetables, and grains
    - c. Use fat, sugar and salt sparingly
  2. Healthy snacks/food will be supplied by the Early Head Start kitchen, stores, local restaurants or other authorized food service kitchens. Food prepared at an individual home cannot be used at these Early Head Start functions.
  3. To decrease the chances of spreading food borne illness, food must be maintained at the approved temperatures. Hot food should be at least 140 degrees Fahrenheit and cold food at 41 degrees Fahrenheit or below.
  4. A person with a food handlers card must be present and supervising the preparation, storage and service of food at all Early Head Start group socializations and parent meetings.
  5. Home visitors are responsible for completing the USDA Attendance Sheet and Meal Production Record (Form 1530) for meals/snacks served to children and parents during group socialization.
  6. Home Visitors will deliver Meal Production Records (Form 1530) to the Early Head Start Nutrition Manager.
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