

COMPONENT II: BREAKFAST / LUNCH

DEFINITIONS:

Early care and education programs must promote child wellness by providing nutritional meals and snacks to meet the needs of all children. Good eating habits are essential promote healthy development. The type of meals and the frequency of those meals should be appropriate for the age and individual needs of the child and must meet federal nutritional guidelines. Children who participate in Judy Center Partnership, **school or center based programs**, for more than 2 ½ hours per day will have access to appropriate breakfast, lunch and snacks according to USDA guidelines. (See Appendix) Eligible programs are required to access federal and/or state food programs. (i.e. Free and Reduced Meals)

BACKGROUND:

Refer to the Head Start Program Performance Standards and Other Regulations

Challenges/Strategies/Solutions:	
Challenges	Strategies/Solutions
Scheduling meals for children of different age groups	<ul style="list-style-type: none"> • Develop menus for each group • Involve County Extension Service and Health Department
Location of Food Preparation	<ul style="list-style-type: none"> • Identify possible sources of preparation of food considering cost and transportation
Staff for Delivery and Serving	<ul style="list-style-type: none"> • Identify a designated staff person, solicit volunteers, or request services from a partner
Children with allergies (Cultural, Religious, Ethical or Nutrition related problems)	<ul style="list-style-type: none"> • Require medical documentation from parents • Keep a log of children with allergies • Provide menu alternatives for those children
Frequency of Meals	<ul style="list-style-type: none"> • Use CCA Licensing and Federal/State Regulations Standards
Providing Infant Formula	<ul style="list-style-type: none"> • Parents or Early Head Start provides, or may be provided by family member, program or federal/state meal reimbursement programs.

Stretching the Budget	<ul style="list-style-type: none"> • Have individual families apply for free and reduced lunches
Secondary Food Source	<ul style="list-style-type: none"> • Set up agreement with other providers in the community to obtain meals for children

STRATEGIES:

- Judy Centers contract with local school systems or outside vendors to provide food.
- Utilize Federal Free and Reduced Meals Program
- Child and Adult Care Food Program (MSDE)
- Some Judy Centers keep emergency food supplies on hand.
- Develop a partnership with local food banks, churches, or community organizations

WEBSITES:

The Maryland State Department of Education: School and Community Nutrition Programs has developed an excellent website with information about all programs pertaining to nutrition for young children and their families. Please see the following:

<http://www.marylandpublicschools.org/MSDE/programs/schoolnutrition>

The website for the 2005 Dietary Guidelines for Healthy Americans:

<http://www.healthierus.gov/dietaryguidelines>