

UMATILLA MORROW COUNTY HEAD START, INC
NUTRITION SITE VISIT

Date: _____ Center: _____ Teacher: _____

Assistant Teacher: _____ Cook: _____

Nutrition Services Director: _____ Copy to: _____

Note: ES=Exceeds Standard MS=Meets Standards NA=Needs Attention

STANDARD	PAGE	TOPIC	ES	MS	NA	COMMENTS
1304.23(a)(1)	99	Nutrition assessment data obtained for each child.				
		Children at nutritional risk identified.				
		Follow up has occurred.				
1304.23(a)(2)	99	Information has been obtained about:				
		Family eating patterns				
		Special dietary needs				
		Feeding requirements/problems				
		Statement for food substitutions on file for children with milk allergy/lactose intolerance.				
1304.23(b)(1)(i)	102	USDA funds are the primary source of payment for meal services.				

STANDARD	PAGE	TOPIC	ES	MS	NA	COMMENTS
1304.23(b)(1)(ii)	102	Children receive hot meals and snacks to provide adequate nutrition according to length of program day (1/3 for part day: 1/2 to 2/3 for full day).				
(iii)	103	All children who have not eaten breakfast at home will be served a nourishing breakfast at Head Start.				
1304.23(b)(1)(iv-v)	103-105	Quantities and kinds of foods served must conform to USDA recommended serving sizes and meal patterns and be appropriate for the developmental readiness and feeding skill of the infant/toddler/child.				
1304.23(b)(1)(vi)	105	Foods served must be high in nutrients and low in sugar, salt and fat.				
1304.23(b)(1)(vii)	106	Meal times are appropriately scheduled and adjusted, where necessary, to ensure that individual needs are met.				
1304.23(b)(3)	107	Staff must promote effective dental hygiene in conjunction w/ meals.				
1304.23(b)(4)	108	Parents and appropriate community agencies must be involved in planning, implementing and evaluating nutritional services.				
1304.23(c)(1)	109	A variety of foods are served which reflect cultural and ethnic preferences and broaden childrens' food experiences.				

STANDARD	PAGE	TOPIC	ES	MS	NA	COMMENTS
1304.23(c)(2)	110	Food is not used as a reward or punishment. Children are encouraged, but not forced to eat or taste food.				
1304.23(c)(3)	110	Sufficient time is allowed for children to eat.				
1304.23(c)(4,5)	110-111	Children and staff, including volunteers, eat together sharing the same menu and socializing experience in a relaxed atmosphere. Infants are held while being fed and not laid down to sleep with a bottle.				
1304.23(c)(6)	112	Medically-based diets or other dietary requirements are accommodated.				
1304.23(c)(7)	113	Opportunity is provided for the involvement of children in food-related activities.				
1304.23(d)	113	Parent education activities include opportunities to assist families with food preparation and nutritional skills.				
1304.23(e)(1)	114	Evidence of compliance with all applicable Federal, State, Tribal and local food safety and sanitation laws, including those related to the storage, preparation and service of food and health of food handlers is posted.				

Refrigerator Temperature (*must be less than +40 deg. F*) _____

Freezer Temperature (*between -10 deg. F and +10 deg. F*) _____

Date of last sanitation inspection _____.

Children and adults **wash hands immediately** before eating _____

Current menu is posted _____

Meals counts are taken at the point of meal service _____

Describe staff nutrition training which has occurred this program year:
