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**Subject:** Food Allergy & Dietary Restrictions  
**Source:** Early Head Start Performance Standards 1304.23

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## **Policy**

A plan will be made to accommodate and ensure the safety of children who have food allergies and other dietary restrictions.

## **Procedure**

1. If a child requires a special diet due to a medical reason, a note from the child's physician is required, indicating the child's food allergy and appropriate food substitutions. The special diet information will then be forwarded to the kitchen.
  2. Direct care staff will ensure that food allergies and other dietary restrictions have been documented on the child's Infant/Toddler Nutrition Questionnaire, and a parent's signature has been obtained.
  3. Food allergies and dietary restrictions of each child will be documented on the red "Allergy" card, posted in each classroom, kitchen and office. This card is to remain covered to ensure confidentiality.
  4. Early Head Start Nutrition Consultant will assist in menu planning for children with food allergies and dietary restrictions.(As needed)
  5. Direct care staff will update with parents the Infant Nutrition Questionnaire monthly and Toddler quarterly as needed to ensure that children continue to receive appropriate nutrition.
  6. Staff will receive training by Health Manager and/or Nutrition Consultant regarding common food allergies among infants and toddlers. Training will be provided to staff annually and as needed.
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