Department: Education	Approval Date: 3/9/2020	Procedure Number: 4050
Regulation Number: 1302.31(e)(2) MARC HS Policy 4050	Regulation Topic: Education and Child Development	Procedure Title: Family Style Meals

Procedures:

In support of family style meals efforts required with MARC Head Start Policy 4050, MARC Head Start staff will:

- Share information about family style meals with direct service providers and provide support for implementation.
- Review provider policies and procedures related to family style meals and snacks and provide feedback.

MARC Head Start staff will also monitor to ensure that:

- Bottle-fed infants are held during feeding.
- Only the provider's food and drink are served and eaten in the classroom or group socialization. (No outside food for children or staff.)
- Direct service providers make serving dishes and utensils available on the table so all who are present can serve themselves.
- Adults sit at the table with toddlers and preschool children, serving and eating the meal or snack together in the classroom or group socialization area.
- Adults eat the same food items that are served to toddlers and preschool children because they meet nutrition standards.
- Adults encourage, but do not force toddlers and preschool children to help themselves to all food components offered at the meal or snack, as developmentally appropriate.
- Adults assist children when needed so that children can eat an adequate amount of food to promote growth and prevent hunger.
- Adults engage with toddlers and preschool children in pleasant conversation during meal and snack times.
- As they sit and eat with toddlers and preschool children, adults informally model appropriate eating behaviors.
- Adults provide extra assistance and time to toddlers and preschool children who eat slowly.

- Direct service providers make special accommodations for children who cannot have the food that is being served (i.e., food allergies and/or religious practices of the family).
- When developmentally appropriate, toddlers and preschool children are involved in activities such as setting the table, scraping dishes, and cleaning tables and floors.

Adherence to the above regulations and this policy is subject to random monitoring by MARC Head Start staff.

Effective Date: July 1, 2020