



*Head Start/Early Head Start Of  
Fayette County*

492 Coolspring Road, Uniontown, Pa. 15401

Phone: (724) 430-4818 or 1-800-876-2138 Fax: (724) 430-4827

**NUTRITIOUS SNACK FOODS**

Head Start does not permit the use of junk foods or excessive sweets for snacks in class, at socials, on community outings, or at special events. For the safety of the children, staff and families of Head Start/Early Head Start all foods used for Head Start activities must be store bought and in unopened packages. This includes all food donated for any reasons.

**SERVICES:**

*Education*

Parents must notify the Instructor two weeks in advance if they wish to provide an additional food item to be served during meal times. The Instructor will refer the parent to the Nutritionist or will discuss the food items with the Nutritionist to ensure it is nutritionally appropriate. The Nutritionist must approve any additional food items being served at the center/social. Written approval will be sent to the Instructor; however, verbal approval may occur prior to written notification being sent/received (verbal approval should be documented).

*Health*

*Nutrition*

*Social  
Services*

*Parent  
Involvement*

Following is a list of nutritious foods that could be used for special treats or snacks. If you have a question about these foods or have another suggestion, please call the Nutritionist at 724-430-4818 ext 220.

*Special  
Needs*

- |   |  |
|---|--|
| Cheese  | Yogurt   |
| Chopped Raw Vegetables with dip                             | Fruit Muffins, vegetable muffins               |
| Salad or desserts made with fruit pieces and/or fruit juice | or quick breads                                |
| Fresh Fruit   | Biscuits                                       |
| Bagels – mini   | English Muffins                                |
| Cornbread   | Raisin Bread                                   |
| Pretzels – hard or soft                                     | Whole Grain Chips – tortilla chips/ salsa      |
| Bread Sticks – hard or soft                                 | Saltine crackers                               |
| Graham crackers   | Pizza  |
| Cheese and other flavored crackers                          | Ginger snaps, vanilla wafers                   |
| Cookies made of granola, oatmeal, or other whole grains     | Cheese food or spread made from natural cheese |

Please be aware that there could be children with special diets in the classroom. Do not choose high fat foods or foods with trans fats listed on the food label. We do not serve any candy or excessive sweets. If parents send these items to the classroom or attempt to give them to the Instructor for distribution, the items will be returned to the parents.

Thank you for your cooperation as we continue to work together to provide healthy nutritious foods for your child at Head Start.