

## **What NOT to serve at Head Start**

### **List of Foods that we are not to serve**

**Fruit juice or vegetable juice.** Do not serve to children, but can be used in cooking.

**Processed Meats-** chicken nuggets, hot dogs, fish sticks bologna- ok to purchase pepperoni , however not sliced.

**French Fries,** unless donated and the package is labeled

**Cakes, doughnuts, cookies, candy-** Sandy will send out a reminder for each center to send out on their newsletter

**Margarine-** no. Use butter, do not serve at the table

**Cereals, sweetened with lots of sugar-** no. Check if on the credible list, or WIC approved

**Baby carrots** do not use. Buy regular carrots and cut them up

**Precut Vegetables** do not buy

**Chocolate or flavored milk** – do not serve at Head Start meals – if donated can use for Health Fairs, parent meetings etc.

**Sugar free foods** – we cannot serve sugar substitute to children unless under the direction of a physician.

**Cooking Oils** – use vegetable oil, or corn oil – olive oil is too expensive for institutional cooking. Do not use Peanut Oil – there may be children allergic to it.