

Washita Valley CAC Head Start
Cooking / Food Experience
Procedures

Each classroom is required to do ONE cooking/food experience with the children per month. It will meet the USDA requirements. Recipes have been provided.

If you choose to do additional cooking experiences, NO CANDY or JUNK FOOD will be purchased with Head Start funds.

A nutrition activity must be planned with the children weekly, such as Food Groupies/Be Choosy Be Healthy activities. This is not counted as the cooking / food experience.