

Food Service Policy for Compliance and Inclusivity

1. Purpose and Scope

- **Objective**: Ensure that the food service program complies with USDA guidelines, providing nutritious meals that accommodate diverse dietary needs.
- **Applicability**: This policy applies to all food service operations within Blooming Minds Academy serving children.

2. Nutritional Standards

- USDA and CACFP Compliance: Meals served must follow all nutritional standards set forth by the USDA guildelines, which include balanced servings of fruits, vegetables, grains, protein, and dairy.
- **Menu Planning**: Menus will be planned to meet these standards and reviewed regularly to ensure ongoing compliance.

3. Handling Dietary Restrictions

- Allergies and Intolerances: Procedures are in place and outlined below to identify and provide alternatives for individuals with food allergies and intolerances.
- **Special Dietary Needs**: Accommodations will be made for medical or disability-related dietary needs as documented by a healthcare provider.

4. Religious and Cultural Accommodations

- Respect for Beliefs: The food service program will respect and accommodate religious and cultural dietary restrictions wherever possible, such as vegetarian, kosher, halal, etc.
- **Alternative Meals**: Provide alternate meal options adhering to religious restrictions without compromising nutritional requirements.

5. Communication and Documentation

- **Informing Participants**: Clear communication to all participants and caregivers about menu options is provided in Parent Handbook.
- **Record Keeping**: Maintain records of menu plans, accommodations requested, and measures taken to comply with dietary restrictions.

6. Training and Education

- **Staff Training**: Regular training for all food service staff on recognizing and respecting dietary restrictions, including allergy awareness and cross-contamination prevention is facilitate annually and on as-needed basis.
- **Nutrition Education**: Education is provided to families to understand the importance of balanced nutrition and how dietary accommodations are managed.

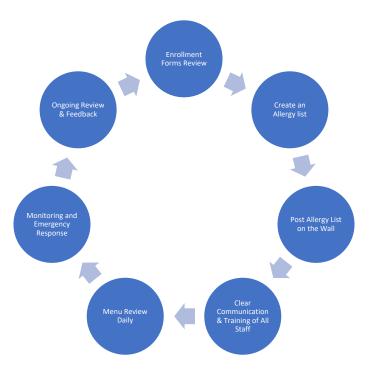
7. Continuous Improvement and Review

- **Feedback Mechanism**: A system is implemented to gather feedback from participants and caregivers regarding meal satisfaction and accommodation effectiveness.
- **Policy Review and Updates**: Annual reviews are conducted of the food service policy to ensure compliance with updated guidelines and inclusivity standards.



Procedure for Managing Food Allergies and Intolerances







1. Identification and Documentation

- **Enrollment Form Review**: During the enrollment process, parents must complete a form detailing any known food allergies or intolerances their child may have.
- **Health Records**: Maintain updated health records for each child, including documentation from healthcare providers regarding specific allergies or intolerances.
- Allergy List: Create an allergy list accessible to all food service and caregiving staff, detailing each child's allergies and required precautions.
- Post on the Wall: post an allergy that a child has in his/her assigned room, so that all staff are aware and reminded about the allergy or food intolerance daily.

2. Communication and Training

- **Staff Training**: All staff must be trained on the importance of dietary precautions, recognizing symptoms of allergic reactions, and emergency response.
- **Clear Communication**: Ensure ongoing communication with parents to update any changes in a child's dietary restrictions.

3. Meal Planning and Preparation

- Menu Review: Regularly review menus to identify potential allergens. Adapt recipes to exclude identified allergens and label meals clearly.
- **Ingredient Check**: Verify ingredient labels for allergens each time meals are prepared; substitute with safe alternatives as needed.
- Cross-Contamination Prevention: Implement strict protocols for preventing crosscontamination in meal preparation areas.

4. Providing Alternatives



- Safe Meal Options: Develop a list of safe meal alternatives for children with allergies or intolerances. These meals should be nutritionally equivalent to standard offerings.
- **Emergency Substitutes**: Keep a supply of allergen-free snacks and foods to address any unexpected situations or shortages.

5. Monitoring and Emergency Response

- **Constant Vigilance**: Staff should monitor children during mealtimes to ensure they are consuming only their designated meals.
- **Emergency Plan**: Review an emergency plan regularly, including training on an accessible epinephrine auto-injectors (if prescribed by a child's physician) and contact procedures for emergency medical services.

6. Ongoing Review and Feedback

- **Regular Reviews**: Conduct regular reviews of procedures and update as necessary based on feedback from parents, staff, and healthcare recommendations.
- **Parental Engagement**: Encourage feedback from parents regarding the effectiveness of allergy management and alternative meal options.
- 7. https://www.myplate.gov/myplate-kitchen



Meal Satisfaction and Accommodation Effectiveness Feedback Mechanism

1. Define Objectives:

 Determine the purpose of gathering feedback (e.g., improve meal satisfaction, address dietary needs).

2. Identify Stakeholders:

 Include participants (children, where appropriate) and parents in the feedback process.

3. **Design Feedback Tools:**

- Develop surveys or questionnaires for caregivers.
- Create simple, age-appropriate methods (like smiley face cards) for children to express satisfaction.

4. Establish Feedback Channels:

- Offer multiple ways to provide feedback, such as online surveys, paper forms, or suggestion boxes.
- Regular feedback sessions will be scheduled throughout the year(e.g., quarterly meetings or monthly reviews).

5. Communicate the Process:

- Inform caregivers about the feedback system and its importance.
- Provide clear instructions on how to participate.

6. Collect Feedback:

- o Gather data periodically to ensure ongoing evaluation.
- Allow for both structured responses and open comments.

7. Analyze Feedback:

o Review and categorize feedback to identify trends and areas for improvement.

8. Implement Changes:

- Develop an action plan based on feedback results.
- o Involve staff in modifying meal plans and accommodations.

9. Communicate Improvements:

- Share with all stakeholders the changes made as a result of their feedback.
- Encourage continued participation by highlighting positive outcomes.

10. Review and Adjust Processes:

- Regularly assess the effectiveness of the feedback mechanism.
- Adjust the process as necessary to better meet the needs of participants and caregivers.



What Blooming Minds Academy New Jersey Provides?

BMA NJ is focused on the health and well-being of our children. In addition to nutritional meals provided by parents, we provide healthy fruits and vegetables on a daily basis, such as:

- Apples
- Oranges
- Kiwis
- Bananas
- Watermelons
- Mangoes
- Carrots
- Cucumbers

And other fruits and vegetables depending on a season.

For healthy drinks we provide water and 1% organic milk.

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