

Nutrition:

Buchanan County Head Start Preschool promotes healthy eating practices that are free to enrolled children by participating in the Virginia Department of Health's Child & Adult Care Food Program.

Buchanan County Head Start Preschool is required to follow strict guidelines regarding the types of foods that are served to children. Menus are developed to ensure that food served to children is high in nutrients while low in salt, sugar, and fat. Food served to the children are chosen from the CACFP Food Guide and given in the correct portions according to age. Current breakfast, lunch, and snack menus can be found posted on the parent bulletin board in your child's classroom and on the BCPS website.

Special Dietary Needs:

If your child has allergies or cannot eat certain foods due to health problems, or religious beliefs, we can work with you to provide special diets to ensure healthy food substitutes.

Discrimination Complaint Process:

In accordance with Federal civil rights law and USDA civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Program Discrimination Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the

letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW, Mail Stop 9410
Washington, D.C. 20250-9410;
2. Fax: (202) 690-7442; or
3. Email: program.intake@usda.gov.

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