**EARLY HEAD START FOOD LIST**

The nutritional needs and requirements of children at Early Head Start are met by giving a variety of healthy foods. Children are introduced to a new food, one at a time, over a period of weeks and months. Due to the difference in children’s ages, growth, and nutritional needs, we need to develop a meal plan to meet each child’s individual needs. Children are never forced to eat any food that is served. Please complete this form to help us identify your child’s food preferences and eating habits.

**Please check √ the foods your child has eaten. Please circle the foods your child can NOT eat for medical, personal or religious reasons.**

**FRUITS:**

**apple**  **apricot**  **banana**  **blueberry**  **cantaloupe**  **cherry**  **grape**

**mango**  **melon**  **nectarine**  **peach**  **pear**  **pineapple**  **orange**

**raisins**  **strawberry**  **tomato**  **watermelon**

**VEGETABLES:**

**beet**  **broccoli**  **cabbage**  **carrot**  **cauliflower**  **celery**  **corn**

**cucumber**  **green bean**  **kale**  **lima bean**  **onion**  **peas**

**pepper**  **potato**  **spinach**  **squash**  **sweet potato**

**GRAINS:**

**barley**  **corn bread**  **cous-cous**  **dry cereal**  **fruit breads/muffins**

**graham crackers**  **oatmeal**  **pasta**  **rice**  **wheat**

**PROTEIN: meat – poultry – beans (legumes) - egg**

**beef**  **chicken**  **egg**  **peanuts/peanut butter**  **pork/ham**

**shell beans**  **soy**  **tree nuts**  **tuna fish**  **turkey**  **white fish**

**DAIRY:**

**butter**  **Cheese**  **cottage cheese**  **cream cheese**  **milk**  **yogurt**

**OTHER: spices/seasonings (specify) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ margarine**  **fruit jam/jelly**  **bullion**  **jello**

**Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_**